A

CLOSET

for Ladies and

Gentlewomen.

Or,

The Art of preſeruing, Conſeruing, and Candying.

With the manner how to make diuers kindes of Sirups, and all kinde of banquetting ſtuffes.

Alſo diuers Soueraigne Medicines and Salues for ſundrie Diſeaſes.

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An especiall Note of Confectionarie.

To preserue Pippins red.

TAke your best coloured Pippins, & pare them: then take a piercer, & bore a hole thorow them: then make syrup for them, as much as will couer them, and so let them boyle in a broad preseruing-pan: put into them a peece of Cinamon sticke, and so let them boyle close couered verie leasurely, turning them verie often: for, if you turne them not verie often, they will spot, and the one side will not be like

the other, and let them thus boyle vntill they begin to gelly: then take them vp, and pot them, and you may keepe them all the yeare.

To preſerue Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones: then make a weake ſirup for them, and ſo let them boyle till they be tender; then take them vp, & boile your ſirup a little higher, then put them vp in a Gally-pot, and let them ſtand all night, and the next morning the ſirup will be ſomewhat weaker: then boyle the ſirup againe to his full thickneſſe, and ſo pot them, and you may keep them all the yeare. If you pleaſe to haue them taſte a pleaſant taſte, more than the naturall Pippin, put in one grain of muſk, and one drop of the Chymicall oyle of Cinamon, and that will make them taſte a more pleaſant taſte.

To

To preserue Pippins greene.

TAke Pippins when they bee small and greene of the tree, and pare three or foure of the worst; and cut them all to peeces: then boyle them in a quart of faire water till they be pap, then let the liquor come from them, as you doe from your Quodiniacke, into a Bason: then put into them one pound of Sugar clarified, and put into this as many greene Pippins vnpared as that liquor will couer, and so let them boyle softly: and when you see they be boyled as tender as a Quodling, then take them vp, and pill off the outermost white skin, and then your Pippins will bee greene: then boyle them in your sirup againe till the sirup be thicke: and so you may keepe them all the yeare.

To preserue Apricocks.

OF Apricocks take a pound, and a pound of Sugar, and clarifie your Sugar with a pint of water; and when your Sugar is made perfect, put it into a preseruing-pan, and put your Apricocks into it, and so let them boyle gently: and when they bee boyled enough, and your sirup thicke, pot them, and so keepe them. In like manner you may preserue a Peare-plum.

To preserue Mirabolans or Malacadonians.

TAke your Malacadonians: stone them, and perboyle them in water: then pill off the outward skin of them: they will boyle as long as a peece of beefe, and therefore you need not feare the breaking of them; and when they bee boyled tender, make sirup of them, and preserue them

them as you doe any other thing, and ſo you may keepe them all the yeare.

To preſerue Pomcitrons.

OF your Pomcitrons take one pound & an halfe, and cut them ſome in halues, ſome in quarters, and take the meat out of them, and boile them tender in faire water: then take two pound of Sugar being clarified, and make ſirup for them, and let them boyle in ſirup a quarter of an houre verie gently: then take them vp, and let your ſirup boile till it be thicke: and then put in your Pomcitrons, and you may keep them all the yeare. If you pleaſe, you may pare ſome of them: for, ſome delight them in the skin; and ſome, pared.

To preſerue Cherries.

OF the beſt and faireſt Cherries take ſome two pound, and with a paire of sheeres clip of their ſtalkes

by the midst: then wash them cleane, and beware you bruise them not: then take of fine Barbarie Sugar, and set it ouer the fire, with a quart of faire water, in the broadest vessell you can get, and let it seethe till it be somewhat thicke: then put in your Cherries, and stirre them together with a siluer spoone, and so let them boile, alwaies scumming and turning them verie gently, that the one side may be like the other, vntill they be enough: the which to know, you must take vp some of the sirup with one Cherrie, and so let it coole; and if it will scarce run out, it is enough: and thus, being cold, you may put them vp, and keep them all the yeare.

To preserue Red-rose-leaues.

OF the leaues of the fairest buds take halfe a pound: sift them cleane from seeds: then take a quart of faire water, & put it in an earthen Pipkin,

Pipkin, and ſet it ouer the fire vntill it be ſcalding hot: and then make a good many of other red roſe-leaues, and put them into the ſcalding water, vntill they begin to looke white, and then ſtraine them: and thus doe vntill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the liquor, with halfe a pound of Roſe-leaues, and let them ſeethe together till they bee enough: the which to know, is by taking ſome of them vp in a ſpoone, as you doe your Cherries; and ſo, when they bee thorow cold, put them vp, and keepe them verie cloſe.

To preſerue Orenges and Lemmons.

TAke your Orenges & Lemmons, large and well-coloured, and take a raſpe of ſteele, and raſpe the outward rinde from them: then lay them in water three dayes and three nights: then boyle them tender,

and shift them in the boyling, to take away their bitternesse: and when they bee boyled tenderly, take two pound of Sugar clarified with a pint of water; and when your sirup is made, and betwixt hot and cold, put in your Lemmons and Orenges, and there let them bee infused all night: the next morning, let them boyle two or three walnies in your sirup: let them not boile too long in the sugar, because the rinds will bee tough: take your Lemmons out, and boile your sirup thicker: and so when it is cold, put them vp, and keepe them all the yeare.

To preserue Quinces.

OF your Quinces take a pound: core them, and then perboyle them, and pill off the outermost white skin, and then weigh them, and put into them clarified Sugar one pound, and then boyle them closely couered vpon a verie gentle fire,

fire, putting vnto them a ſticke or two of good Cinamon cut into ſmall peeces, and ſo ſtir them continually, that they may bee well coloured on euerie ſide: and when the ſirup is come to the height of a perfect gelly, take them off the fire, and ſo keepe them, for the higher your ſirup is, the better will your Quinces keepe.

To preſerue Peaches.

OF your faireſt and beſt coloured Peaches take a pound, and with a wet linnen cloth wipe off the white hoare of them: then perboile them in halfe a pint of white wine, and a pint and an halfe of running water: and being perboyled, pill off the white skinne of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and diſſolue it in a quarter of a pint of white wine, and boyle it almoſt to the height of a ſirup,

sirup, and then put in your Peaches, and let them boile in the sirup a quarter of an houre or more, if need should require: and then put them vp, and keepe them all the yeare.

To preserue Eringo roots.

TAke your Eringo-roots, faire and not knottie, one pound, and wash them cleane; and when they bee washed, set them on the fire, and boile them verie tender: pill off the outermost skin of them, but see you breake them not; and as you pare them, put them into cold water, and let them remaine there till all be finished: and then you must take to euery pound of roots, three quarters of a pound of clarified Sugar, & boile it almost vnto the height of a sirup, and then put in your roots, but looke that they boile very gently together, with as little stirring as may bee, for feare of breaking, vntill they bee enough:

enough: and when they be cold, put them vp, and so keepe them.

To preserue Barberries.

TAke your Barberries verie faire and well-coloured, and picke out euerie stone of them, and then weigh them: and to euerie ounce of Barberries, you must take three ounces of hard Sugar; and with halfe an ounce of the pulp of Barberries, and one ounce of Red-rose-water, you must dissolue your Sugar, and then boile it to a sirup: being so boiled, put in your Barberries, and let them boile a quarter of an houre, and then take them vp: and as soone as they begin to wax coole, put them vp, and they will keepe their colour all the yeare.

To preserue Gooseberries.

YOu must take your large Berries, but not thorowly ripe, and picke off all the stalkes from them,

and

and wash them cleane: take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them: then take ten ounces of hard Sugar, and foure ounces of Sugar-candie, and clarifie it with a pint of water, and the white of an egge, and boile it to a thicke Sirup: and then put in your Goose-berries, and let them boyle a walme or two; and so, betwixt hot and cold, put them vp, and keepe them all the yeare.

To preserue Damsons.

TAke of your Damsons large and well-coloured, but not thorow ripe, for then they will breake, and pick them cleane, and wipe them one by one: then weigh them, and to euerie pound of Damsons, you must take a pound of Barbary-sugar, white and good, dissolued in halfe a pint or more of water: boyle it almost to

to the height of a ſirup, and then put in your Damſons, keeping them with continuall ſcumming and ſtirring, and that with a ſiluer ſpoone; and ſo let them boile vntill they be enough, vpon a gentle fire: and when they be enough, take them vp, and keepe them all the yeare.

To preſerue Raſpices.

TAke of your faireſt and well-coloured Raſpices, and picke off their ſtalkes verie cleane: then waſh them, but in any caſe ſee that you bruiſe them not: then weigh them, and to euerie pound of Raſpices you muſt take ſix ounces of hard Sugar, and ſix ounces of Sugar-candy, and clarifie it with halfe a pint of faire water, & foure ounces of juyce of Raſpices being clarified: boile it to a weak ſirup, and then put in your Raſpices, ſtirring them vp and downe, and ſo let them boile vntill they be enough, that

that is, vsing them as your Cherries, and so you may keepe them all the yeare.

To preserue Enula-Campana-roots.

TAke of your Enula-Campana-Roots, and wash them: scrape them verie cleane, and cut them thin to the pith, the length of your little finger; and as you cut them, put them into water, and let them lie in water thirtie dayes, shifting them twice euerie day, to take away their bitternesse: weigh them, and to euerie pound of Roots, you must take twelue ounces of clarified Sugar, first boiling your Roots as tender as a Chicken, and then put them into your clarified Sugar, and let them boile vpon a gentle fire vntill they be enough: and so let them stand off the fire a good while, and betwixt hot and cold put them vp to your vse.

To preserue Saterion-roots.

TAke your Saterion-roots, and picke out the faire ones, and keepe them by themselues: then wash them, and boile them vpon a gentle fire as tender as a Quodling: then take them off, and pare off the blackest skin of them, and put them as you pare them, into faire water, and so let them remaine one night: and then weigh them, and to euerie pound of roots you must take eleuen ounces of clarified Sugar, and boile it almost to the height of a sirup, and then put in your roots, but take heed they boile not too long, for then they will grow hard and tough: and therefore when they be boyled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preseruatiues.

To

To make Manus Christi.

OF refined Sugar take halfe a pound, and some Rose-water, and boile them together till it come to Sugar againe; then stirre it about while it bee somewhat cold: then take your leafe-gold, and mingle with it: then cast it according to Art, that is, in round gobbets, and so keepe them.

To candie Ginger.

TAke verie faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double-refined Sugar, & boile it to the height of Sugar againe: then when your Sugar beginneth to be cold, take your Ginger, and stir it well about while your Sugar is hard to the pan: then take it out race by race, and lay it by the fire for foure houres: then take a pot, and warme it,

it, and put the Ginger in it: then tie it verie close, and everie second morning stir it about roundly, and it will bee rocke-candied in a verie short space.

To candie Rose-leaues as naturally as if they grew upon the trees.

TAke of the faireſt Roſe-leaues, red or damaske, and on a Sunneſhine day ſprinkle them with Roſe-water, and lay them, one by one, vpon faire paper: then take ſome double-refined Sugar, and beat it verie fine, and put it in a fine lawne ſearce: when you haue laid abroad all the Roſe-leaues in the hotteſt of the ſun, ſearce ſugar thinly all ouer them; then anon the Sunne will candie the Sugar; then turne the leaues, and ſearce Sugar on the other ſide, and turne them often in the Sun, ſometimes ſprinkling Roſe-water, and ſometimes ſearcing Sugar on them, vntill they bee enough, and come to your

your liking: and being thus done, you may keepe them.

To candie Marigolds in wedges; the Spanish fashion.

TAke of the faire yellow Marigold flowers two ounces, and shred them, and dry them before the fire: then take foure ounces of Sugar, and boyle it to the height of Manus Christi: then powre it vpon a wet Pie-plate, and betwixt hot and cold, cut it into wedges: then lay them on a sheet of white paper, and put them in a Stoue.

To candie all manner of flowers in their naturall colours.

TAke the Flowers with the stalks, and wash them ouer with a little Rose-water, wherein Gum-arabicke is dissolued; then take fine searced Sugar, and dust ouer them, and set them

them a drying on the bottome of a Sieue in an Ouen, and they will glister as if it were Sugar-candie.

To candie all sorts of Flowers, Fruits, and Spices, the cleere rock-candie.

TAke two pound of Barbarie Sugar great grained, clarified with the whites of two Egges, and boyle it almost as hie as for Manus Christi: then put it into a Pipkin that is not verie rough: then put in your Flowers, Fruits, and Spices, and so put your Pipkin into a Still, and make a small fire of small coles vnder it; and in the space of twelue dayes, it will be rock-candied.

To candie Eringo roots.

TAke your Eringo readie to bee preserued, and weigh them, & to euerie pound of your roots, you must take of the purest Sugar you can get

two

two pound, and clarifie it with the whites of egges exceeding well, that it may be as cleare as Chryſtall, for then it will bee verie commendable it being clarified, you muſt boyle it to the height of Manus Chriſti, and then dip in your roots, two or three at once, till they be all candied, and ſo put them in a Stoue, and keepe them all the yeare.

To candie Enula-Campana.

TAke of your faireſt Enula-Campana-roots, and take them cleane from the ſirup, and waſh the Sugar off them, and dry them againe with a linnen cloth; then weigh them, and to euerie pound of roots you muſt take a pound and three quarters of Sugar: clarifie it well, and boyle it to the height of Manus Chriſti, and when it is ſo boyled, dip in your roots, three or foure at once, and they will candie verie well; and ſo ſtoue

ſtoue them, and keepe them all the yeare.

To candie Violet-flowers.

TAke of your Violet flowers that are good and new, and well-coloured, and weigh them: to euerie ounce of your Violet-flowers you muſt take foure ounces of refined Sugar, which is verie white and faire grained, and diſſolue it in two ounces of faire running water, and ſo boyle it till it come to Sugar againe; but you muſt ſcum it often, leſt it bee not cleere enough: and when it is boyled to Sugar againe, then take it off, and let it coole, and then put in your Violet-flowers, ſtirring them together till the Sugar grow hard to the pan: this done, put them into a box, and keepe them in a ſtoue.

To candie Gooseberries.

TAke of your faireſt berries, but they muſt not bee too ripe, for then they will not bee ſo good, and with a linnen cloth wipe them verie cleane, and pick off all the ſtalks from them, and weigh them: and to euery ounce of berries you muſt take two ounces of Sugar, and halfe an ounce of Sugar-candie, and diſſolue them into an ounce or two of Roſe-water, and ſo boyle them vp to the height of Manus Chriſti; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will ſhrink, & ſo ſtir them in round with a wooden Spatter till they be candied; and thus put them vp and keepe them.

To candie Roſemary-flowers.

TAke of your Roſemary-flowers, readie pickt, and weigh them; to euerie

euerie ounce of flowers, you muſt take two ounces of hard Sugar, and one ounce of Sugar-Candy, and diſſolue them in Roſemarie-flower-water, and boyle them till they come to Sugar againe: which done, put in your Roſemarie-flowers when your Sugar is almoſt cold, and ſo ſtirre them together till they be enough, and then take them out, and put them in a box, and keepe them to your vſe in your Stoue.

To candie Borage-Flowers.

TAke your Flowers, and pick them verie cleane, and weigh them, and vſe them in euerie reſpect as you did your Roſemarie-Flowers, ſaue this, that when they be candied, you muſt ſet them in a Still, and ſo keepe them in a ſheet of white paper, putting euerie day a chafingdiſh of coles into your Still, & it will be candied verie excellently, and that in a ſhort ſpace.

Here end the ſorts of Candying.

To make Paſte of Pippins, the Genua faſhion, ſome with leaues, ſome like Plums, with ſtalkes and ſtones in them.

TAke your Pippins, & pare them, and cut them in quarters: then boile them in faire water till they be tender: then ſtraine them, and dry the pulp vpon a chafingdiſh of coles: then weigh it, and take as much Sugar as it weigheth, and boile it to Manus Chriſti, and put them together: then faſhion them vpon a Pie-plate, and put it into an Ouen being verie ſleightly heat: the next morning you may turne it, and put them off the plates vpon ſheets of paper vpon a hurdle, and ſo put them into an Ouen of like heat, and there let them remaine foure or fiue dayes, putting

putting euerie day a Chafingdish of coles into the Ouen: and when they be thorow dry, you may box them, and keepe them all the yeere.

To make paste of Eglantine, of the colour of the red Corall.

TAke your Eglantine Berries, otherwise called Hips, and stampe them in a Mortar with Gum-Dragagant and Rose-water; then straine it thorow a strainer; then take halfe a pound of refined Sugar beaten, and searced, and worke it vp into Paste with this straining: then print it with your moulds: then stoue it, and then gild them.

To make Paste-royall white.

TAke a pound of refined Sugar beaten & searced, & put into an Alablaster Mortar, with an ounce of Gum-dragagant steeped in rose-wa-

ter: and if you see your Paste be too weake, put in more Sugar; if too dry, more Gum, with a drop or two of oyle of Cinamon, so that you neuer deceiue your selfe, to stand vpon quantities: beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keepe them.

To make Paste-Royall in Spices.

TAke of Cinamon and Ginger, of each a like quantitie, being finely searced: mingle it with your searced Sugar, and Gum-dragagant steeped in Rose-water, and worke it into paste, as you did your paste royall white, and then you may turne it vpon sticks made of peeces of Arrowes, and make them hollow like Cinamon sticks: in like sort you may make it taste of what spices you please.

To

To make Paſte of Genua the true way.

TAke two pound of the pulp of Quinces, and as much of Peaches, and ſtraine it, and dry it in a pewter platter vpon a chafingdiſh of coles: then weigh it, and take as much Sugar as it weigheth, and boile it to the height of Manus Chriſti, and then put them together, and ſo faſhion it vpon a Pie-plate, and dry it in an ouen with a chafingdiſh of coles, vntill it be thorow dry: and then, if it pleaſe you, you may ſpot them with gold.

To make Paſte of Violets.

YOu muſt take of your Violets that are ready picked, and bruiſe them in an Alablaſter or Marble Mortar, and wring the iuyce from them into a Porringer, and put as much

much hard Sugar in fine powder, as that juyce will couer: dry it, and then powder it againe, and then take as much Gum-dragagant steeped in Rose-water, as will bring this Sugar into a perfect paste: when it is perfect, take it vp, and print it with your moulds, and so dry it in your stoue, and not by the fire, for feare of danger: and when it is dry, gild it. It is a fine banquetting conceit.

To make Paste of Goose-berries.

TAke of your Goose-berries, and cut them one by one, and wring the juyce from them, till you haue gotten so much as you thinke will serue your turne: boile your juyce a little, that it may bee thicker: then take as much double-refined Sugar as your juyce will sharpen, and dry it as you did for your Violets; and being dry, beat it verie fine, and take as much Gum-dragagant steeped in red rose-water, as will serue, and beat

beat it into perfect paſte in an Alablaſter Mortar: and then take it vp, and print it with your moulds, vſing it in euerie reſpect as your paſte of Violets. This is excellent good for one that hath a weake ſtomacke.

Here beginne Banquetting Conceits, as Marmelades, Quodiniackes, and such like.

To make Muskadine Comfits.

TAke halfe a pound of Muske-Sugar beaten and searced: then take Gum-Dragagant steeped in Rose-water, and two graines of Muske, and so beat them in an Alablaster Mortar till it come to perfect Paste: then drive it verie thin with a rowling pin, and then cut it into small peeces like diamonds; some cut with

with a rowle ſpoone on the ſides: being thus cut, ſtoue them, and ſo keepe them all the yeare.

To make Diocitonium ſimplex of Quinces.

TAke of your Quinces, and pare them, and cut them in peeces, and boyle a pound of theſe peeces in a quart of faire water, till they be verie ſoft: then let the liquor run from them, then take a pound of Sugar-Candy, and beat it fine, and put it into that liquor, & let it ſeethe till you ſee it ſtand like gelly; then take it from the fire, and put therein foure drops of oyle of Cinamon and Nutmegs, and then put in fiue and twentie leaues of fine gold, and ſtir it together, and ſo put it in fine chryſtall Glaſſes, and keepe it all the yeare.

To make fine chrystall Gelly.

TAke a knuckle of Veale, and foure Calues feet, and set them on the fire with a gallon of faire water; and when the flesh is boiled tender, take it out: then let the liquor stand still vntill it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or fiue drops of Oyle of Cinamon and Nutmegs, a graine of Muske, and so let it boile a quarter of an houre leisurely on the fire, then let it run thorow a gelly bag into a bason, with the whites of two Egges beaten; and when it is cold, you may cut it into lumpes with a spoone, and so serue three or foure lumpes vpon a plate.

To make white Leach of Creame.

TAke a pint of ſweet Creame, and ſix ſpoonfuls of Roſe-water, and two graines of Muske, two drops of oyle of Mace, or one peece of large Mace, and ſo let it boyle with foure ounces of Iſinglaſſe: then let it run downe thorow a gelly-bag: when it is cold, ſlice it like Brawne, and ſo ſerue it out. This is the beſt way to make Leach.

To make a Walnut, that when you cracke it, you ſhall finde Baskets and Carromayes in it, or a prettie Poeſie written.

TAke a peece of your Paſte-royall white, being beaten with Gum-Dragagant, and mixed with a little fine ſearced Cinamon, which will bring your paſte in a Walnut-ſhell

ſhell colour: then driue it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you pleaſe into the Nut, and cloſe the mould together, and ſo make three or foure Walnuts.

To make Quodiniacke of Plums.

TAke two pound of Plums, and put them into a Poſnet with a pound and an halfe of Bratill Sugar, clarified with a pint of faire water, and let it boyle till the Plums breake: then take it off, and let your liquid ſubſtance runne thorow a ſtrainer, and then put it againe into the Poſnet, and ſo let it boyle till it come to his thickneſſe, & then print it with your moulds on what faſhion you pleaſe.

To make Bi ketteſſo.

TAke two ounces of verie fine Sugar, beaten and ſearced, and put into

into it halfe a ſpoonfull of Amidum, that is, white Starch; a graine of Muſk: then beat it into perfect Paſte, with Gum-Dragagant ſteeped in Roſe-water: then make it into little prettie lowes the faſhion of Manchets, and ſo put a Wafer in the bottome of euerie one of them, and bake them in a baking pan, but take heed your pan bee not hot, and ſo ſpecke them with gold, and ſo box them. It is a verie fine banquetting conceit.

To make a ſpeciall ſweet water to perfume clothes in the folding, being waſhed.

TAke a quart of Damaske-Roſe-water, and put it into a glaſſe, put vnto it a handfull of Lauender-Flowers, two ounces of Orris, a dram of Muſke, the weight of foure pence of Amber-greece, as much Ciuet, foure drops of Oyle of Cloues, ſtop this cloſe, and ſet it in the Sunne a fort-

a fortnight: put one ſpoonfull of this water into a baſon of common water, and put it into a glaſſe, and ſo ſprinkle your clothes therewith in your folding: the dregs, left in the bottome (when the water is ſpent) will make as much more, if you keepe them, and put freſh Roſe-water to it.

To make Moſſe-powder.

TAke two pound of Moſſe of a ſweet Apple tree, gathered betweene the two Lady-dayes, and inf. ſe it in a quart of Damask roſe-water, foure and twentie houres: then take it out, and dry it in an ouen vpon a ſiues bottome, and beat it to powder: put to it an ounce of Lignum Aloes, beaten and ſearced, two ounces of Orris, a dramme of Muſk, halfe a dram of amber-greece, a quarter of a dram of Ciuet: put all theſe into a hot Mortar and Peſtle, and beat them together: then ſearce them

them thorow a coorſe haire ſearce, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozenges.

TAke of fine Sugar halfe a pound: boile it with red roſe-water, vntill it come to the height of Lozenges; & in the cooling, put in of the ſpices of Aromaticum Roſarum, 4. drams, with a little Confectio Alchermes, and ſo make them into Lozenges, gilding them firſt, and then cut them ſquare with a knife for that purpoſe: and when you gild them, if your gilding will not ſticke on, wet them gently with a little Roſe-water, but not too much, in any caſe.

To make a Marchpane, to ice it, and garniſh it after the Art of Comfit-making.

TAke two pound of ſmall Almonds blanched, and beaten into perfect paſte,

paſte, with a pound of Sugar finely ſearced, putting in now and then a ſpoonfull or two of Roſe-water, to keepe it from oyling; and when it is beaten to perfect Paſte, roule it thin, and cut it round by a Charger: then ſet an edge on it, as you do on a Tart: then dry it in an Ouen or a baking Pan; then ice it with Roſe-water & Sugar, made as thicke as Batter for Fritters: when it is iced, garniſh it with conceits, and ſticke long Comfits in it, and ſo gild it, and ſerue it.

To make all ſorts of banqueting Conceits of Marchpane ſtuffe, ſome like Pies, Birds, Baskets, and ſuch like, and ſome to print with moulds.

TAke a pound of Almond Paſte made for the Marchpane, and dry it on a Chafingdiſh of coles, till you ſee it wax white: then you may print

print ſome with moulds, and make ſome with hands, and ſo gild them: then ſtoue them, and you may keepe them all the yeare. They bee excellent good to pleaſe children.

To make all kinde of birds and beaſts to ſtand on their legs, in caſt-worke.

TAke Barbarie-Sugar, clarifie it, and boyle it to the height of Manus Chriſti: then powre it into your moulds, they being ſeaſoned as for your Quodiniacke: let them ſtand a quarter of an houre, and they will be cold, and then you may take them out, and gild them.

To caſt all manner of fruitage hollow in turn'd worke, and put them in their colours, as Oranges, Lemmons, and the like.

TAke your Sugar being boyled to the height of Manus Chriſti, and put

put it into your Alablaſter moulds, being made of three peeces: turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them in their naturall colours.

To make Prince-basket-bread.

TAke a pound of verie fine Floure, as much Sugar thorowly ſearced, one ounce of Anniſeeds cleane pickt, take eight Egges, and a ſpoonfull of Muskadine, and beat all into batter, as thicke as for Fritters: beat it thus in a Bowle one houre: then put it into your coffins of plate, or frames of wood, and ſet it in an Ouen, and let it remaine there one houre: you may ſlice ſome of them when they bee a day old, and dry them againe vpon a hurdle of Wicker: you may alſo take one of your leaues, and waſh it ouer with the yolke of an Egge, beaten with a little roſe-water, and while it is greene, caſt Biskets and

and Carrowayes on it, and a little white Candie, and it will ſhew as if it did haile on it: then ſpot it with gold, and giue it to whom you pleaſe.

To make the vſuall Biket ſold at Comfit-makers.

TAke a pecke of flower, and foure ounces of Coriander ſeed, one ounce of Anniſeed, take three Egges, three ſpoonfuls of Ale-yeaſt, and as much warme water as will make it as thicke as Paſte for Manchets: make it in a long rowle, and bake it in an Ouen one houre; and when it is a day old, pare it, and ſlice it, ſugar it with fearced Sugar, and put it againe into the Ouen; and when it is dry, take it out, and new ſugar it againe, and ſo box it, and keepe it.

To make an especiall sweet Powder for sweet Bags.

TAke of the pureſt Orris one pound, of Red and Damaske Roſe-leaues, of each two ounces, of Cloues three drams, Coriander ſeed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and Storax of each three drams: beat them all ſaue the Benzoin & the Storax, and powder them by themſelues, and mix it with the reſt of the powder; then take of Muske and Ciuet, of each twentie graines, Ambergreece ten graines, mix theſe with a little of the foreſaid powder with a warme Peſtle, and ſo by little and little you may mix it with all the reſt, and ſo with Roſe-leaues dryed you may put it vp into your ſweet Bags, and ſo keepe them ſeuen yeares.

To

To make an excellent Marmelade, which was giuen to Queene Marie *for a New-yeares gift.*

TAke a pound and an halfe of Sugar: boile it with a pint of faire water, till it come to the height of Manus Christi: then take three or foure ſmall Quinces, one good Orenge pill, both verie well preſerued and finely beaten, and three ounces of Almonds blanched, and beaten by themſelues, Eringo-roots preſerued two ounces and an halfe; ſtir theſe with the Sugar till it will not ſticke: and then, at the laſt, put in of Muske and Amber diſſolued in Roſe-water, of each foure graines; of Cinamon, Ginger, Cloues and Mace, of each three drams; of Oyle of Cinamon two drops: this being done, put it into your Marmelade boxes, and ſo preſent it to whom you pleaſe.

To make another sort of Marmelade, verie comfortable for any Lord or Ladie whatsoeuer.

TAke of the purest greene Ginger, six drams; of Eringo and Saterion roots, of each an ounce and a halfe: beat these verie finely, & draw them with a siluer Spoone thorow a haire searce: take of Nut-kernels and Almonds blanched, of each an ounce; Cocks stones halfe an ounce, all steeped in hony twelue houres, & then boiled in milke, and beaten and mixed with the rest: then powder the seeds of red Nettles, of Rocket, of each one dram; Plantane seeds halfe a dram; of the belly and backe of a fish called Scincus marinus, three drams; of Diasaterion, foure ounces; of Cantarides, adde a dram: beat these verie finely, and with the other powder mix it: and so with a pound of fine sugar dissolued in rose-water,

water, and boyled to Sugar againe, mingle the powder and all the reſt of the things, putting in of leafe gold ſix leaues; of pearle prepared, two drammes; Oyle of Cinamon ſix drops: and being thus done, and well dried, put it vp in your Marmelade boxes, and gild it, and ſo vſe it at your pleaſure.

To make a Blanch for any Ladies face.

TAke of white Tartar two drams, Camphire one dramme, Coperas halfe a dramme, the whites of foure Eggs, juyce of two Lemmons, oile of Tartar foure ounces, Plantane water as much, white Mercurie a penniworth, bitter almonds two ounces; all muſt bee powdred and mixed with the oile and water, and then boiled vpon a gentle fire, and ſtraine it, and ſo keepe it: the partie muſt rub her face with a ſcarlet cloth, and then

then ouer night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacks of Quinces, a rubie colour.

TAke two pound of Quinces pared, and cut in small peeces, and put them into a Posnet with three pints of faire water, and so let them boyle till they bee tender: then put into them a pound of Sugar, and let it boyle till the fruit fall to the bottome of the pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boyle till it come to his colour and thicknesse: then print it with your moulds: you shall know when it is ready to print, by rolling a little vpon the backe of a Spoone: and if you see it will stand, and not run downe, print it. In like sort you may make your Quodiniacke of Pippins; your Pippins will hold all the yeare.

To

To make Quodniacks of Raſpices, or Engliſh Coriants.

TAke Raſpices ripe and well coloured, and put them in a diſh, and put to them foure ſpoonfuls of Roſe-water, and mix them together with the backe of a Spoone: then wring the liquid ſubſtance thorow a linnen cloth: ſeaſon it by your mouth with Sugar till it bee ſweet enough: then boyle it on a Chafing-diſh of coles in a diſh, till it be ready to print: then print it in your moulds, and box it, and ſo keepe them.

Here end the conceits of Banquetting.

Your moulds muſt lie in water one night before you vſe them; and an houre before you print with them, take them out of the water.

CORDIAL WATERS.

Aqua Cœlestis.

TAke of Cinamon six ounces, Cloues one dram, Nutmegs one dram & an halfe, of Ginger two drams and an halfe, of Gallingale one dram & an halfe, Cubebs two drammes, Calamus-roots one dram, all bruised and kept in a paper: then take of Betony and Sage-flowers, of each an handfull; Marjoram, Pennirial, of each halfe an handfull, bruised likewise: then take of these powders, of Aromaticum Rosarum three

three drams; Diambræ, Diamargariton frigidum, Diamoſcum dulce, of each a dram & an halfe: you muſt put all theſe into a gallon of ſpirit of wine, and ſteep them three dayes and three nights, ſhaking them well euerie day, and then diſtill it in your Limbecks; and when it is diſtilled, you muſt hang halfe an ounce of yellow Sanders, and twentie graines of Muske and Amber in it.

To make Cinamon-water.

TAke one pound of the beſt Cinamon you can get: bruiſe it well, and put it into a gallon of the beſt Sacke, and infuſe it three dayes and three nights, and then diſtill it as your Aqua Cœleſtis.

To make Doctor Steeuens *water.*

TAke of Roſe-leaues one dram, Borage, Bugleſſe, Violets, and Roſe-

marie-flowers, of each a dram & an halfe, Spikenard a dram, Cinamon 2. ounces, Ginger an ounce, Cloues & Nutmegs, of each halfe an ounce, Cardamons a dram & an halfe, Gallingale two drams, Cubebs a dram, Pepper three drams, Anniseeds, Carroway-seeds and Fennell, of each an ounce, Lignum Aloes halfe a dram, Corall and Pearle in fine powder of each one dram; bruise these, and put them in a pottle of Aqua-vitæ, and a quart of Sacke, vsing it in euerie respect as your Aqua-Cœlestis.

To make Balme-water.

TAke Balme, dry three ounces, Time, Peneriall, of each an ounce, Cinamon foure ounces, a dram of Cardons, Graines halfe an ounce, sweet Fennell-seeds an ounce, Nutmegs and Ginger, of each a dram, Gallingale one ounce, Calamus and Cyprus, Cubebs and Pepper, of each two drams, of Caper-roots halfe a dram,

dram, of Diptamus one dram: bruiſe theſe things, and put them to a pottle of Sacke, and ſteepe them 24. houres, and then vſe it as the former waters.

Angelica-water.

TAke Cardus dry an handfull, Angelica roots three ounces, of Myrrh one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each foure ounces, Saffron one dram and an halfe, Cardomons, Cubebs, Gallingale & Pepper, of each a quarter of an ounce, Mace two drammes, Graines one dram, Lignum Aloes, Spikenard, Iuncus Odoratus, of each a dram; Sage, Borage, Bugloſſe, Violets and Rolemarie-flowers, of each halfe an handfull: bruiſe theſe, and ſteep them in a pottle of Sack twelue houres, and diſtill it as the reſt.

Roſa ſolis.

TAke Liquorice eight ounces, Aniſeeds, Carroway, of each an ounce, Raiſons ſtoned, Dates, of each 3. ounces, nutmegs, ginger, cinamon,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram. Figs two ounces, Sugar foure ounces: bruise these, and distill it with a gallon of Aqua-vitæ, as the rest: but when it is distilled, you must colour it with the herb Rosa-solis, or else Alkanet root.

Wormewood water.

TAke of Wormewood two ounces and an halfe; Sage, Betony and Rue, of each halfe an handfull, Rosemarie-tops an handfull, Cinamon three ounces, Nutmegs halfe an ounce, Cloues and Mace, of each halfe a dram, Ginger an ounce; Gallingale, Cubebs and Spikenard, of each a dram and an halfe, of Scordium halfe an handfull: bruise these, and put them into a pottle of Sacke, and a pint of Aqua-vitæ, and steepe them foure and twentie houres, and distill them as the rest.

HERE

HERE BEGIN Conserues.

To make Marmelade of Quinces.

TAke your Quinces, and boyle them tender: then pare them, and cut them to the core: then draw the pulp, that is, the Quince, thorow an haire Scarce, & weigh it: to euery pound of pulp, take a pound of clarified Sugar, and boyle them together till they come to a perfect colour, putting to them in the boyling a little Oyle of Cinamon; and when it is boyled enough, that it will not sticke to the pan, put it into your Marmelade-Boxes. But your conserue must not bee boyled

so high in any case, for then it will not be so good.

To make Conserue of Red and Damaske Roses.

TAke of the purest and best coloured buds you can get, and clip off the whites from them; and to euerie pound of leaues, you must take three pound of Barbarie Sugar, and beat them together till they be verie fine; & then with a woodden Spatter take it vp, and set it on the fire till it bee thorow hot, and then presently put it vp, and it will be of an excellent colour.

To make Conserue of Violets.

TAke of your Violet Flowers, and picke off all the blew Flowers, and keepe them, & weigh them, and take to euerie ounce of Flowers, 3. ounces of refined Sugar, and beat them in an Alablaster Mortar, till they be verie fine, and then take them vp, and put them into an earthen Pipkin, and set them

them vpon the fire till such time as they be thorowly hot, and then take them off, and put them vp, and keepe them.

To make pectorall roules for the Cough

TAke Liquorice-powder finely searced one ounce, of the Spices of Dia-dragaganthum frigidum 2. drams, of Gum Arabick, and Dragagant in fine powder, of each a dram, white Starch halfe a dram, Annifeeds in fine powder one ounce, mingle with the reſt: then take of Sugar ſix ounces, of Pennits one ounce and an halfe, Sugar-Candy one ounce powdered and mingled with the former Powder: then take Gumdragagant ſteeped in Roſe warer, and beat it into paſte, and ſo make it into long roules, & to dry them, & keepe them.

To make Conſerue of Borage flowers.

TAke of your Borage flowers well coloured, & picke the blacke from

them: then weigh them: to euerie ounce of flowers, you must take three ounces of Sugar, and beat them together in an Alablaster Mortar with a woodden Pestle, till they bee verie fine, so that you cannot discerne any Sugar in lumps: then take them out, and put the Conserue into a Pipkin, and heat it thorow hot: and hauing thus done, put them vp, and keepe them all the yeare.

To make Conserue of Rosmarie-flowers.

TAke your Rosemarie-flowers, fresh and good, and picke them from the greene tuske: weigh them, and take to euerie ounce of flowers, three ounces of Sugar-Candy, and beat them verie fine, vsing them in euerie respect as you did your other Conserues.

To make Conserue of Bugloss-flowers.

TAke your Bugloss-flowers, and picke them as you did your Borage-

rage-flowers, and then weigh them, and to euerie ounce of Flowers you must take two ounces of hard Sugar, and an ounce of Sugar-Candy, and beat them together till they bee exceeding fine, and then set them on the fire, to dissolue the Sugar; and when it is dissolued, & the Conserue hot, put it vp and keep it all the yeere.

To make a Pomander.

TAke of Beazon one dram and an halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a scruple, of Labdanum halfe an ounce: powder all these verie fine, and searce them thorow Lawne: and then take of Muske a dram, Ambe-greece ten graines, Ciuet ten graines, and dissolue them in an hot Mortar with a little Rosewater, and so make them into a Pomander, putting into it six graines of Ciuet.

To

To make Conserue of Barberries.

TAke of your Barberries which are verie red and ripe, and picke them from the ſtalks, and then waſh them, and put vnto them a prettie deale of faire water, and ſet them on the fire in an earthen pan, and to ſcald them; and being thorowly ſcalded, pulpe them thorow a fine Serce, and to euerie pound of Pulpe, take a pound of powder-Sugar, and boyle them till it be enough, that is, till it will cut like Marmelade.

To make Conſerue of Cichorie flowers.

TAke of your Cichorie flowers new gathered; for if you let them lye but one houre or two at the moſt, they will loſe their colour, and doe you verie little ſeruice: therefore weigh them preſently, and to euerie ounce of flowers, you muſt take three ounces of double-refined Sugar, and beat

beat them together in a Mortar of Alablaſter and a woodden Peſtle, till ſuch time as they bee thorowly beaten: for, the better the Flowers and Sugar be beaten, the better will your Conſerue be; (let this alwayes be for a generall rule) and being verie well brayed, you muſt take them vp, and put it into a Chafer cleane ſcoured, and ſet it on the fire till it be thorowly hot: then take it off, and put it vp, and keepe it all the yeare.

To keep Cucumbers in pickle all the yeare.

TAke foure gallons of conduit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handfull of ſweet Marjoram, and foure handfuls of Dill: let theſe boile till it come to three Gallons, and then take it off; and when it is almoſt cold, put an hundred of Cucumbers into that liquor into a butter-barrell, and keepe them all the yeare, but looke that alwayes the herbs lie vpon them:

them: and thus done, it will be a moſt excellent Sallet with Oyle, Vinegar, and Pepper.

An exceeding fine Pill vſed for the Gout.

TAke of Aloes two ounces, Maſtick 3. drams, Agricke halfe an ounce, Ginger halfe a dram: let theſe bee powdred verie fine: then take of the extraction of Rubarb three drams, and with white wine let them bee incorporated into a maſſe of pills, adding vnto them a drop of Oyle of Cloues, and as much of Nutmegs.

A medicine for the Gout.

TAke of the Slips of Starres to the number of foure, and then take to euerie ſlip foure ſnailes, & put them into an earthen Pot, and ſprinkle foure or fiue handfuls of Salt vpon them, and then put to them Sage, Rue, Wormewood and Hyſop, of each

eath foure handfuls, and ſo diſtill them; and when you haue diſtilled them, put to them a quart of Wine-Vinegar, wherein an ounce of white Mercurie is diſſolued, and ſo bathe the place infected with the Gout, and it will eaſe them preſently.

To make Sirup of Pomcitrons.

TAke Pomcitrons, and cut them in halues, and juyce them, but beware you wring them not too hard, leſt it be ſlimy; and then take to euerie pint of juyce three quarters of a pound of refined Sugar, and boyle it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any caſe that you boyle it not on too hot a fire, leſt it burne: and then, when it is boyled enough, put it vp, and keepe it all the yeare.

To make Sirup of Violets.

TAke your Violets, and picke the Flowers, and weigh them, and then put them into a quart of water, and steepe them vpon hot embers, vntill such time as the Flowers bee turned white, and the water as blue as any Violet: then take to that a quart of infusion, & take foure pound of clarified Sugar, and boyle it till it come to a Sirup, scumming and boyling them vpon a gentle fire, lest it turne his colour: and being boyled, put the Sirup vp, and keepe it.

To make Sirup of Liquorice.

TAke your Liquorice eight ounces, & scrape it verie cleane, & bruise it verie well, and maiden haire one ounce, Annised and Fennell-seed, of each halfe an ounce: steepe these in foure pints of raine-water halfe a day, and then boyle it to a quart: then

then take a pound and an halfe of clarified Sugar, and boyle it with that liquor till it come to a Sirup, and then put it vp, and keepe it.

To make Sirup of Hore-hound.

TAke of Hore-hound two handfuls, of Colts-foot a handfull, of Time, Penniriall and Calamint, of each two drams, of Liquorice one ounce & an halfe, of Figs & Raisons of the Sunne, of each two ounces, Piony-kernels a quarter of anounce, Annifeeds and Fennell-seeds, of each a quarter of an ounce: boile these in a gallon of faire water, till it come to a pottle or three pints, and then straine it, and take three pound of Sugar, and three Egges, and clarifie that liquor, and so boile it to a Sirup, and so keepe it all the yeare.

To make Syrup of Maiden-haire.

TAke of Maiden-haire six ounces, of Liquorice one ounce, scraped and sliced: steep these 24. houres in foure pints of Conduit-water, and then boyle them to a quart, and then take two pound of clarified Sugar, and boyle it with that liquor vpon a gentle fire of Charcoles, till it come to a Sirup, scumming it verie often, that it may bee the cleerer; for the cleerer it is, the better it is: and being boyled enough, put it vp.

To make Sirup of Hyssop.

TAke of Hyssop one handfull, of Figs, Raisins, Dates, of each an ounce, of Calamint halfe an handful, of French Barley one ounce: boyle these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Egs, and two pound of Sugar, and so boile them

them to a Sirup: and being boyled enough, keepe them all the yeare.

To keepe Cherries all the yeare, to haue them at Christmas.

TAke of the faireſt Cherries you can get, but be ſure that they be not bruiſed, and take them, and rub them with a linnen cloth, and put them into a barrell of hay, and lay them in ranks, firſt laying hay in the bottome, and then cherries, and then hay againe: and then ſtop them vp cloſe, that no aire may come neere them, and lay them vnder a Feather-bed where one lieth continually: for the warmer they are, the better, yet neere no fire: and thus doing, you may haue Cherries at any time of the yeare.

To make Sirup of Mulberries.

TAke your Mulberries which are verie ripe, presse out the juyce from them thorow a linnen cloth betweene two sticks, and then to euerie pint of juyce, take a pound of Sugar, and boyle it to the height of a Sirup, and then keepe it all the yeare long: and if it wex any thing thinner, a moneth after you put it vp, boyle it againe, and then put it vp.

To make Sirup of Lemmons.

TAke your Lemmons, and cut them in halues, & betwixt your fingers juyce them, and the liquor that runs from them will be verie cleare; then take to a pint of juyce, a pound and a quarterne of hard Sugar, which is verie white, and boyle it to a Sirup, and it will keepe excellent well.

To

To make Sirup of Roſes ſolutiue.

TAke of Damaske Roſes, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damaske roſe leaues, and take them out when they looke white, and doe ſo ten times, and then the water will looke red: and then, to euerie pint of that liquor, put a white of an Egge, and a pound of Sugar, and clarifie it, and boyle it to a Sirup, and keepe it all the yeare. The thicker the Sirup is, the better it will keepe.

To make Sirup of dry Roſes.

TAke of red Roſes dried foure ounces, and infuſe them in a quart of faire water vpon hot embers, till the Roſes haue loſt their colour: then take a pound and an halfe of Sugar, and clarifie your liquor

quor and Sugar with two Eges, and then boile it to the height of a Sirup: but take heed in any case, that you set not your Sirup vpon too hot a fire: for then it will lose his colour, and bee worth nothing.

(***)

A

A Medicine to giue a woman in Trauell, to make her haue Throwes.

TAke Corall, Amber, Date-ſtones, Peatle, Piony-ſeeds, Saffron, Commine: beat all theſe in powder, and put it into Malmſie, and take Vnicornes horne, and put it into a ſpoone with a little Malmſie, and giue it to her, and preſently let her drinke a draught of the Malmſie, with the powders aforeſaid, warming of it a little.

A Medicine for the falling downe of the Matrice to the bearing place.

TAke Chickweed, and seethe it in an earthen pot: then lay of it vpon a peece of Scarlet, as hot as the partie may suffer it: let her take it to the priuie place, and as one plaster cooles, so lay another, and vse it.

Another for to be taken to the Nauill, and to the backe right against the Nauill, for the same.

TAke a red Onion, and roft it verie tender: then take of Allysander seeds, and bruise them in a woodden dish, & mingle the Onion and the bruised seeds together, and lay it vpon a peece of linnen cloth: so lay it to the Nauill a little warme: roule that on, and let it lye on 24. houres,

houres: then change it, and take a new one till it be whole.

It is good for the Mid-wife to hold Muske below (tied in a little Lawne) to draw downe the childe.

Take Torch-wort, and lay a leafe of it to the crowne of a womans head warme, to ſtay other flowers.

A Medicine for a woman after burden, if need be, to bring it downe.

TAke Southerne-wood, and waſh it cleane, and dampe it, and ſtraine it in ſtrong Ale, and giue it her to drinke warme.

To ſtop the whites in women.

FRie Hemlocke in freſh Swines greace: lay it as hot as ſhee may ſuffer it, to the ſecret place.

For a Tetter.

TAke Oats and seethe them in water, and where the Tetter is, hold ouer the reeke thereof, as hot as may be, laying a cloth ouer it, to keepe in the reeke, so that the cloth doe not touch the Tetter: vse this fiue times morning and euening.

To make a Seare cloth for an ache that is newly come.

TAke Boares greace, Camphire and wax, and boyle them all together, and so make a Seare-cloth thereof, and lay it to the griefe.

For a Felon or an Handcome.

TAke Herb-grace, rustie Bacon, sowre Leauen, and Snailes that be with shels on their backs, taking them out of their shels, and beat all these together, & lay it to the griefe.

For

For to heale any, if they be ſcalded with hot liquor.

TAke Alehofe and Auens, Sheeps ſuet, and Sheeps dung, & Gooſe dung, and when you haue waſhed the herbs, breake them all together a little, and ſo fry them together, and then ſtraine it, and make Plaſters thereof,& lay it to the griefe: warme it a little when you lay it to, laying new plaſters to it twice a day: you may take the juyce of Houſleeke,and Sallet-oyle,and water,and beat them together, and waſh the griefe before you vſe this Plaſter.

A Medicine for the Whites.

TAke a quart of new Milke of a red Cow, ten ſpoonfuls of Red-roſe-water,a Pomgranet-pill beaten, & a little Cinamon beaten, & ſeethe it halfe away: ſweeten it with Sugar, and drinke a draught morning and euening,& two whites of Egs beaten.

A Medicine for them that are giuen to bleeding.

MAke a Posset, and take off the curd, and take Liuer-wort, and beat it, and put the juyce thereof into the Posset-drinke, and drinke it morning and euening warme.

For the heat in the Kidneyes.

TAke Houseleeke & Plantane, and not wash them, but wipe them with a cloth, and beat them, and strayne them, and put to the juyce thereof Red-rose-water, and Wine-vinegar, and womans milke, and take the herbs, and put them into clothes, and tie the clothes with thred like a couple of bals, and you must (when you doe vse it) haue one to doe it for you in the morning when you are in your bed: and the partie must take the bals, and dip them in this liquor, and so bathe your Kidneyes; and as soone

ſoone as one of the balls is hot with doing of them, take the other, and ſo vſe it an houre euerie morning.

A Medicine for the Stone.

TAke Pellitorie of the wall, Smallage, Hollihocks, Mallowes, Tanſie and Saxifrage, of each an handfull: chop them ſmall, and quilt them in a little linnen bag: then take three pints of Creame, halfe a pint of Malmſie, a quarter of a pint of running water, and ſet them on the fire; and when it doth ſeethe, then put the bagge of herbs into the pot; and when the bag is thorowly hot, wring it betweene two trenchers ouer the pot to ſaue the liquor: then lay the bag to the griefe, as hot as you may ſuffer it; and as ſoone as it cooleth, make it hot againe in the ſame liquor, and ſo apply it to the griefe.

For the Wormes.

TAke an handfull of Basill mints, an handfull of Lauender-cotton, as much of Wormewood, Peach-leaues as much, Fetherfue an handfull, of vnset Leekes an handfull: boyle them together in three spoonfuls of Wine-Vinegar, and of his owne water as much, and quilt them in a bag, and so lay it warme between his nauill and his stomacke.

To heale a sore brest that comes with the infection of the milke.

TAke Mallowes and Saffron, and seethe them in Milke, and when it hath sodden a good while, put in some crummes of leauen bread, and boile them well together; and a little before you take it vp, put some Sallet-Oile into it: you must let it boile till it comes to a Poultis, and so lay it warme to your brest: if you perceiue that

that this will not helpe your breſt without it bee broke, you muſt roſt a Lilly-root, and lay it to your breſt where you will haue it b eake: and when it is broken, you muſt tent it with Ieauen and milke ſodden thicke together, and make a Plaſter thereof, and lay it to the place where it is broken: you muſt dreſſe it twice a day, laying the Poultis all about your breſt, ſauing the place that the Plaſter lies on: you muſt dreſſe it both with new Poultis and a new Plaſter twice euerie day, till it begin to heale, and then once a day is ſufficient.

To ſtanch bleeding at the Noſe.

TAke Bolerminacke, and the white of an Egge, and Vinegar, and beat them together, and make Plaſters thereof, and lay them to your temples.

To stanch the bleeding of a wound.

TAke of vnset Hysop, and bruise it a little, and take the powder of the bone that is to be found in a Capers head, and strew the same powder on the Hysop, and lay it to the wound.

Another for to stanch the bleeding of a wound.

TAke Hogs dung hot from the Hog with Sugar, and lay it to the wound.

For the weakneſſe in the backe.

TAke Clarie, and Dates, and the pith of an Oxe, and put them together, and then put them to your Creame, and Egges, & grated bread, and fry them together, and strew Sugar on it, and eat it in the morning fasting, and you must put some white

white Sanders in it alſo when you temper it together.

For the Wormes.

TAke Mares milke, and drinke it as hot as you can haue it from the Mare, in the morning faſting.

To know whether a Childe hath the Wormes or no.

TAke a peece of white Leather, and pecke it full of holes with your knife, and rub it with Worme wood, and ſpread Honey on it, and ſtrew the powder of Aleſackatrina, and lay it on the childes nauill when he goeth to bed, and if he haue the Wormes, the plaſter will ſticke faſt; and if he haue them not, it will fall off.

For one that is bruis'd with a fall.

TAke stone Pitch and beat it, and drinke it with white wine, or Sacke, or Malmsie; and if you haue none, then take some other liquor: then melt Parmacitie, and anoint the place where the bruise is.

For the Wind-Collicke.

TAke Parsly-seeds, and bruise them, and seethe them in Sack, and drinke it warme when you haue your paine.

For the Gout that is newly come.

TAke Rubarb, and grate it, and mingle it with Conserues of red Roses, and eat thereof euerie morning fasting a prettie quantitie.

A Water to wash a Sore.

TAke of Plantane, and Woodbine leaues, and white Roſes, and ſtill them together, and when the water is ſtilled, put a quantitie of Camphire into it, and ſo let it lie in the water continually.

For the ſhrinking of the Sinewes.

TAke the marrow of an horſe bone, and the crops of Elders, and as much of Sage, and chop them together, and boile them in the marrow, and then ſtraine out the herbs, and put to the liquor one ſpoonfull of hony, two ſpoonfuls of Aqua-compoſita, and a quantitie of Pepper, and boile it againe, & keep it for your vſe.

For the Piles.

TAke a quantitie of Ragwort, and a quantitie of ground-luie, and the

the marrow of the hinder leg of a Bullocke, and beat the marrow and the herbs together, and boyle them on a soft fire, and straine them, and keepe it for your vse.

A Salue to take dead flesh out of a sore.

TAke a spoonfull of Vinegar, and a spoonfull of Honey, and a quantitie of Verdi-greace, and as much Allome, and boyle all these together, and keepe it for your vse.

For the staying of the Flux.

TAke a new laid Egge, and take off a little of the top of it, and poure out a little of the white, and fill vp the Egge with Aqua-Composita, and stirre it together, and rost it, and sup vp the Egge in the morning fasting: till you be well vse this.

Another

Another for the same.

MAke Rice-pottage with Almond-milke: you must not blanch the Almonds, and make little bals of Virgin-wax: make them lesse than Pease, and when you doe eat of the Pottage, take three or foure of the Balls, and put them in euerie spoonfull as you doe eat it.

For the Gout.

TAke an earthen pot, and put into it a quart of Aqua-Composita, and take two handfuls of Henbane, and break it, and put it into it, and set the pot in the earth all the month of May, and it will come to an Oile; and at the end of May, you must take it vp, and keepe it for your vse: you must couer the pot verie close, when you set it in the ground; and when you anoint the griefe therewith, you must doe it against the fire.

For

For the Piles.

TAke Martlemaſſe beefe, and dry it, and beat it to powder, and then put it into a Chafingdiſh of coles, and ſet it in a chaire, and ſit ouer it.

For an Ague.

IF it be for a childe, take two ſpoonfuls of good Ale, and ſeethe it, and ſcum it, and one ſpoonfull of the Sirup of Roſes, and let him drinke it lukewarme: if for an old body, then take three ſpoonfuls of good Ale, & two ſpoonfuls of the Sirup of Roſes.

To make a freſh Cheeſe.

TAke a quantitie of new Milke, and ſet it on the fire, and let it boile, and take halfe a dozen yolkes of Egs, and beat them, and ſtir them in the milke on the fire: then take it off the fire, and keepe it ſtirred till it be lukewarme,

warme, and then put Runnet into it, and ſtirre it, and let it ſtand till it bee gathered together, and take vp the Curd, and put into it Cinamon and Ginger, and ſtirre it about, and make diſhes of it, as you thinke good.

A Medicine for a peſtilent Ague, or to driue anything from the heart.

MAke a Poſſet with white wine, & take away the curd, & take horſe dung of a ſtone-horſe, as hot as you can get it from the horſe, and ſtraine it with the Poſſet-drinke, and put a little Mithridate, and Cardus Benedictus water, and Vnicornes horne: and if you haue no Vnicornes horne, then put Iuorie or Sea-horſe-tooth, and giue it to the ſick to drink faſting in the Morning, warming it, and you muſt put the Vnicornes horne into the ſpoone, and take it with ſome of the Poſſet-drinke, and

and so drinke the Posset presently after it, and vse this two or three mornings.

A Medicine for the soreneſſe in the throat, that commeth with the Rheume.

TAke halfe a pint of Hony-suckle-water, and two lewes eares, of Plantane & Sinkfield halfe an handfull, and a few Columbine leaues: these must bee sod with as much white Sugar-Candy as will bring the liquor to a Sirup: you must put in a little Howell, Cinamon, and so take it in the morning, and in the euening, and at such times as your throat is dry.

Another for the falling of the Euulow, or other paine in the throat.

TAke an handfull of red Sage, a spoonfull of Dill-seed, a peece of leauen:

leauen: boyle theſe in a little new milke till it be thicke: then lay it on foure fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and binde the clothes, and doe this as often as need ſhall require; for it hath beene proued.

A Salue for a greene wound.

TAke a pound of Roſin, halfe a pound of Wax, foure ounces of old Swines greace, one ounce of Verdigreace: boile them all togethet vpon an hot fire, and ſtraine them.

A water to heale all ſores in legs, and vlcers.

TAke a pound of Roch Allome, 4. ounces of greene Coperas: beat them ſomewhat ſmall, and put them in a pan on the fire, euer ſtirring them till they bee molten and dryed againe,

againe ready to be powdred, and beat them againe in fine powder, & keepe them to your vse. When you will make your water, set a pottle of faire Conduit-water ouer the fire, till it boileth fast: then take it away, and as soone as it leaueth boiling, cast abroad your powder on the water, the which will make it to boile: as long as your water riseth, so long cast your Powder in; and when it leaueth rising, and is blacke in the bottome, then it is perfect: then, if you see a dangerous sore leg; first cast your powder presently thereon, and lay thereto three or foure fold of linnen cloth wet in water, and roule it vp: doe so till the Vlcer bee cleane.

A verie good water for a sore mouth.

TAke of Conduit-water a pint, one handfull of Hyssop, of white wine, and of Almonds a pound, of Roses three ounces: seeth them all together till

till the herbs be tender: then take it from the fire, and ſtraine it, and keep it for your vſe: you muſt alwayes waſh your mouth, and rub it after meat, and in the morning.

A Caſtle to breake any ſwelling that is ready to breake.

TAke of Commine, of Hyſop, and of quicke lime a like quantitie: bray them together in a Mortar, till it be verie fine: when you would open an Impoſtume, lay it as big as an haſell Nut vpon the next place, and binde it verie hard, and let it remaine there foure houres: then take it off, for it will make the place dead, and then you may let out the matter without griefe to the Patient.

A Catitus Pl-ſter.

TAke of Litrage of gold powdred, very fine, cõmon oile, hogs greace

a pound, white Coperas foure ounces: put them all together in a brazen Pan, and seethe it ouer a verie soft fire of coles, and try it continually, vntill it come to a bodie; and in the boyling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonfull; and when it is come to a good bodie, take it off the fire, and stirre it till it bee cold, and ready to bee made vp in a rowle, and then make it vp.

To make Populier.

TAke of Populer-buds a pecke, of Hogs greace foure pound: seethe them both together a quarter of an houre, and then take it off, & straine it: if it bee too thin, put in a little Wax.

Basilicon.

TAke Pitch, Rosin, Wax, Sheeps Suet, common Oyle, a like quantitie:

titie: beat them ſmall, and put them in a brazen Pan, and melt them all together: then take them off the fire, and ſtraine them thorow a coorſe linnen cloth, for the Pitch will not bee molten: this is good for all manner of ſores; and when you will put in a Tent, mix it with the yolk of an egge.

Maturacum Poultni.

TAke Onions, Garlick, Dow, Lilly-roots, a little quantitie: roaſt them all in a wet cloth vnder aſhes, and then put them in a Mortar, and beat them ſmall: this is good for all Impoſtumes to breake them out.

A Medicine to heale old ſores.

TAke Plantane, Bramble-tops, Orpin, Bettonie, Egrimonie, of each an handfull: ſtraine them, & put thereto Roſin and Wax, of each a quarter of a pound; freſh Hogges greace and Sheeps ſuet, of each foure ounces:

ounces: boyle them all together till the juyce be confirmed: then straine it, and keep it to raise flesh, and heale old sores.

A plaster to heale old sores after they bee made cleane, and filled with flesh.

TAke Sallet-oyle halfe a pint, Lead a quarter of a pound: boyle these till they be blacke, and keepe them for your vse.

To cleanse a sore, and take away the dead flesh.

TAke Wood-binde Flowers, white Roses, Plantane, and still them together; and when it is stilled, take six penniworth of Camphire, and put it into a quart of the water, and set it in the Sunne for ten or twelue daies, and so wash the sore withall.

A

A medicine for a ſore throat.

TAke a pint of milke, halfe an handfull of Collumbine leaues, halfe an handfull of Gaſell, and halfe a ſcore leaues of Sinkfield, two lewes eares, and ſo the partie muſt vſe it euening and morning, and gargaſe it in his throat.

A Medicine that will heale any wound or ſore, and keepe it without proud fleſh, or dead fleſh.

TAke halfe a pound of wax, a quarter of a pound of Sheeps ſuet, a quarter of a pound of roſin, & a quarter of a pound of Turpentine, halfe a pint of Sallet-oyle, two handfuls of Bugle which growes in the Wood, an handfull of Smallage, an handfull of Mallowes, an handfull of Valerin, an handfull of Grunſell, and an handfull of Balme: ſtampe and ſtraine the herbs,

herbs, and put the juyce into the foresaid things, being a while boyled: then seethe them together a quarter of an houre: then take it from the fire, and let it stand till it bee cold: then take away the Smallage from the bottome: then take some of your Balme-water, and put into it, so much as will make it green, and let it boile together halfe a quarter of an houre, and so take it to your vse.

A Glister.

TAke Camomile, Bettony, Dill, Pellitorie of the wall, Hysop, Rue, of each an handfull: boile these in the broth of a Sheeps head, till the broth bee verie slipperie; then take a pint of the broth strained, and put two of the Pills of Diabes, of each a crowne weight & an halfe, Diacatholicè, Diaphenicon, of each halfe an ounce; Oyle of Camomile, Oyle of Dill, of each an ounce, a little

little ſalt, and a glyſter: if you will haue it breake wind, put into the foreſaid Commine-ſeed, Fennell-ſeed, Anniſeed, of each bruiſed two good handfulls, and boile all together, and ſtraine it, and make it as aforeſaid, and put in the glyſter.

To take away the heat of a burne, or out of a ſcald.

TAke Egges, and roſt them as hard as a ſtone: then take out the yolkes of them: then take a Frying-pan, and put in the yolkes of the hard egges, & ſo let it fry till it come to an oyle: then ſtraine it, and anoint the burne withall: then take a bladder, and anoint it with Sallet-oyle, and lay it to the burne.

To make another Glyſter.

TAke running water, two handfuls of Carmon, an handfull of Mallowes, an handful of Wormewood, an

handfull of Mercurie, an ounce of Commine, two ounces of Fennell-seeds, two ounces of Anniseeds: beat all your seeds, and set your herbs a boyling, and straine them.

A Medicine for one that is broken.

TAke a quantitie of Comfrey, a quantitie of Knehome, a quantitie of knotted grasse, a quantitie of Riberuorum, and a quantitie of Polipody: stamp them all together, and straine them in Ale, and then giue the Patient the same to drinke cold, and trusse him vp with some bolster, and let his diet bee but competent, eschewing all slipperie meats, as Butter, and such like: prouided alwaies, that the Patient keepe his bed six or seuen dayes, lying vpon his backe, and sometimes hold his belly with his hand.

To make a Poultis for ſwelling.

TAke the crum of Manchet, and ſeethe it in milke till it bee thicke: then put in a peece of new Butter about the quantitie of a Walnut, or ſomewhat more.

For the Rheume.

TAke a little quantitie of Maſticke, and as much Pellitorie of Spaine, cut in ſmall peeces: ſow them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitorie and the Maſtick be conſumed, and ſpet in the meane time as much as you can.

For the Tooth-ache and the Rheume.

TAke a quantitie of Gum of Iuie: put it in a little bag of linnen: then wet your bag in Aqua-vitæ or Vinegar, and keep it in your mouth till the Gum of Iuie be conſumed: hold the

bag ouer or vpon the hollow tooth.

A water for the eyes.

TAke a pint of white wine: then heat a ſtone called Lapis Calaminaris, red hot, nine or ten times in the fire, and quench it euerie time in the wine: the laſt time you quench your ſtone, ſtir it about in the wine: then keepe your water in a cleane glaſſe, and let it ſtand, vſe to put in your eye one drop or two morning and euening.

For the eyes.

TAke Roſemarie, Houſleeke, red Fennell, and roſt an Egge, and take out the yolke: beat theſe herbs togethet and ſtraine them.

For the paine in the head.

TAke of the beſt ſallet-oile you can get, and the flowers of wild prim-

roſes,

roſes, and put them into the oyle, and then ſet it on the fire, and let it boile halfe an houre verie ſoftly: then put it in a glaſſe, and ſet it in the Sunne three weekes, and then rub your temples euening and morning. E. C.

A Gargaſe for to purge the head.

TAke a pint and an halfe of Wine-Vinegar, Muſtard ſeeds, Ginger, Cloues, Nutmegs, Pellitorie-roots, about the quantitie of one ounce: when they are beaten, put it into the liquor, and ſtir them together for the ſpace of a weeke: then gargaſe it euerie morning before you vſe the Oyle to your head.

For a pin and a web.

TAke the Oyle compacted of the bone of a Gooſes wing, and rub it in the palme of your hand, that no ſhiuers of the bone do ſtick in it, and

put it in with the point of a pin: for the bigneſſe of a pins head is enough at once.

For a ſwelling.

TAke Barrowes greace, and Sothernwood, and Aqua-vitæ, and boile it together: and when you haue boiled it, ſtraine it in a pan.

For a Bone-ache.

TAke two or three handfulls of Camomile, a quarter of a pound of Sheeps ſuet chopt ſmall, and a peece of ſtone pitch of the quantitie of a Walnut, and a peece of leauened bread in it crumbled verie ſmall: boyle it in your owne water, till it be verie thicke, that you may ſpread it vpon a cloth like a Plaſter, and lay it on the place where the ache is for foure and twentie houres, and ſo dreſſe it three times: if you doe, it will take away the ache.

A Medicine to heale an old ſore, or a new.

TAke a quarter of a pound of Roſin, and melt it in a pan till it haue left cracking, and then take halfe as much Wax, & a little Turpentine & ſheeps ſuet chopt ſmall, and a ſpoonfull of Oyle-Oliue, and boyle them all together, and when you haue done ſo, ſtraine them in a paile of water, and make it vp euen as you will occupie it, and draw your Plaſters thin, and dreſſe it three times a day, that is to ſay, at morning, noone, and euening, till it bee almoſt whole: then dreſſe it but twice a day, morning & euening: but if there be any core that hinders the healing of it, take a little Mercurie, and put it in two ſpoonefulls of water; and when the Mercurie is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a Plaſter vpon the wound, and it will bring forth the core.

For an Androme.

TAke halfe a dozen knots of a young Oke, & put them in a fire-pan, and burne them to a red cole, and take Bores greace, and fine Suet, and two or three cornes of salt, and stamp them verie fine, and so make a Plaster of it; and if it doe draw and heale too fast, lay lyne vnderneath the salue; you must dresse it twice in the Winter-dayes, and thrice in the Summer-dayes.

The Copie of Doctor Steuens *water.*

TAke a gallon of the best Gascoine wine: then take Ginger, Gallingale, Cinamon, Nutmegs, Graines, Cloues, Annifeeds, Fennell-seeds, Carroway-seeds, of each of them a dram-weight: then take wilde Time, Hysop, Lauender, Sage, Mints, red-Roses, Garden-Time, Pellitorie of the wall, and Rosemarie, of each of them

them one good handfull, and bray the herbs verie small, and stampe the spices all together verie small: put all together into the wine, and close it fast twelue houres, and stirre it diuers times: then still it in a Limbeck, and keepe the first water, for it is the best: and then keepe the second, for it is good, but not so good as the first. E.C.

A drammе-weight of the seed of Collumbine, bruised with halfe a peny-weight of Saffron drunken with wine, is good for the landers: then goe to bed, and prouoke sweat: the flowers distilled are good for the same purpose, and against swoonings.

Pimpernell.

THis herb is good against the Pestilence, to be taken fasting in a morning, and good against the stone: the roots sodden, condited in sugar,

may profit them that haue cold stomackes, and are troubled with too much fleame, the collicke and stone: this root any way taken is good against poyson.

Mouseare is hot and dry: some vse to giue the juyce of this common Mouseare, to hinder the cold of a quartan Ague: some vse to gather the roots in May, and dry it, and giue it to them that are broken: it is good for the bloudy Flix, the great strowring of the mother, for Wormes both outward and inward, common flixes, for vomiting of choler, and spetting of bloud, and bursting, and specially for breaking of the braine pan.

The juyce of Costemarie drunken killeth both small and great Wormes in the belly: it is good for a cold Mother: it strengthens the stomack, whether it be drunken or laid to, & stayeth vomiting: the herbe of this nature, whether it bee strewed, or else perfume

perfume made thereof, driues away Serpents, and is good againſt their poiſons, and it helpeth and ſtrengtheneth the head.

To take out the heat of a Burne.

TAke the fat of Hogges guts and Sheeps trittles, and boyle them, and put them in a pot: this will heale the partie, and take out the fire, and will keepe good a whole yeare: this hath beene proued.

To take the heat out of the face.

TAke running water and Elder-flowers, Plantane, white Daiſie-roots, and herb-Robert: put them in the running water, and waſh your face morning and euening therewith.

A Medicine for a Canker in ones mouth, proued.

TAke running water, an handfull of Wood-binde leaues, an handfull of Bramble leaues, an handfull of Columbine leaues, a little Rosemarie, & boile them together till halfe the water bee wasted: then put in two or three spoonfulls of Honey, a peece of Roch-Allome, three or foure spoonfulls of wine-vinegar, and wash your mouth with the sodden herbs thereof three or foure times euerie day.

The Diet-drinke.

FIrst buy a Diet-pot of the common sort, such an one as will cost eight pence or ten pence: then put into it halfe a pound of Liquorice scraped and bruised, halfe a pound of Annifeeds bruised, three quarters of a pound of Lignum vitæ bought at the Turners, and one ounce of the barke

barke of the ſame wood, which is to be bought at the Apothecaries, halfe a pound of Raiſins of the Sunne, the ſtones taken out; a good handfull of Scabias, an ounce of Chiny, two ounces of Sulyprilla, a quantitie of white wine: then fill vp your pot with faire water, ſauing a pint: then couer your pot with his couer, and cloſe it round about the brim with paſte: then ſet it on a ſoft fire of coles, and let it boile three houres, till the fourth part be waſted: then put the cleareſt into bottles, and drinke morning and euening a good draught, and ſo do fourteene or fifteene dayes.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you ſhall be ſure it is good.

For

For the Head-ache.

TAke two handfuls of Veruine, Betony, Camomile-roots, Lettuce, Cheemete, of each sort two handfuls, dryed Roses: put them to powder of Nutmegs: boile this in white wine: then take out the herbs, and fry them in Oyle-oliue, and straine them in a cloth, and make an oyntment thereof, and therewith anoint the head.

To make the Rheume-medicine.

TAke fiue quarts of Hysop-water: it must be stilled when the Hysop beareth flowers; and one pound of English Liquorice cleane scraped, and cut in little peeces: bruise them, and then put it to the water, & boile them till halfe be consumed away: then straine it in shallow pans, and set it in the Sunne, and stirre it now and then, and sometimes set it ouer the fire till you see it wex blacke, but doe

doe not boyle it, and it will wex ſtiffe with ſtanding in the Sunne, that you may make it in little cakes.

A Salue for a Cut.

TAke ſix ounces of Deere-ſuet, foure ounces of Wax, foure ounces of Roſin: ſtampe and ſtraine Velerian, and take the juyce as much as you thinke will make the ſalue looke greene, and boyle them together till it come to a ſalue.

A Medicine for the ſtopping of the Liuer, verie good for them that haue the Janders.

TAke Parſly-roots, Fennell-roots, Aſperigon-roots, Kneeham-roots, Succory-roots, of each the weight of halfe a crown in ſiluer; of Dock-roots the weight of twelue pence, of little Liquorice, halfe a handfull of Raiſins of the Sun ſtoned: boyle this in three pints

pints of water to a quart, and make Almond-milke with the liquor, and take two parts of sweet Almonds, and one part of bitter: sweeten it with Sugar, or else with sirup of Succorie, and drink a draught three mornings together, fasting three houres after it; vse this euerie moneth: you may put in Barley husked, and Saxitrage, Maiden-haire and Liuerwort.

For the Wormes.

THe powder of Coralina, to the weight of three pence in siluer, giuen in the water of Couchgraile.

A Medicine for a quartan or a tertian Ague.

TAke the Herbs and Roots called Harts-horne, Plantane and Orpin, and beat them with a little white wine, and a little bay salt, and so lay it on a cloth vpon your wrist, but bee sure it lye on the places on both armes,

armes, changing it euerie foure and twentie houres: bee ſure alſo, that you lay it two houres before the fit commeth, and hang nine roots of the Harts-horne about your necke in a ſilke bagge, ſo that it may lye vpon the hollow of your ſtomacke, and let it hang till your Ague be gone. You muſt not waſh neither herbs nor roots: and you may take the roots when you cannot get the herbs, and vſe them ſo.

For the Canker in the mouth, or rawneſſe, or in the lower part of the noſe.

TAke red Fennell, red Sage, Hyſop, Herb-grace, Roſemarie, Honeyſuckle leaues, Fetherfue and Daiſie leaues, of each a like quantitie, in all two handfulls: boyle theſe in a quart of running water to a pint: ſtraine it, and let it ſtand vntill it be cleare, and put therein a ſpoonefull of Engliſh Hony, and as much Roch Allome

Allome beaten, as the bigneſſe of a Beane, & boyle it together: you muſt take off the ſcumme as it doth ariſe when it is boiled: put it into a glaſſe, and keepe it for your vſe: you muſt warme it when you take it.

A good Medicine for an Andicome, or a boile, or a ſore breſt, or Carbuncle, to riſe or breake them.

TAke a quantitie of Herb-grace, a quantitie of leauened bread well crummed, halfe a ſpoonfull of Sallet-oyle or Capons greace: boyle theſe in good Ale-grounds, and keepe it with ſtirring till it be thicke; and when you vſe it, lay it vpon a cloth warme to the griefe. This medicine will reſolue a breſt without breaking it, vnleſſe it need breaking: you muſt change it euerie day once.

A good Salue to heale it when it is broken.

TAke a quantitie of Boares greace, of Wax and Roſin, of each a like quantitie: you muſt ſcrape the Wax, and beat the Roſin, and boyle them together till they be melted: then take Lapis Calaminaris and Roch-Allome, as much as a Bean of each, and beat them together: then take a ſpoonfull of Engliſh Honey, and put them together, and boyle them againe; and when it is well boyled, poure it into cold water, and make it vp in roules, and keepe it for your vſe.

A Medicine for a Bruiſe.

TAke a quantitie of Stone-pitch, as much gray Sope, and beat the Pitch finely to powder, and boyle them together with ſtirring till it be boyled: then take it off the fire, and let

let it coole, and then spread it vpon a cloth, and lay it to the griefe: it must not bee thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spread with the same.

An oyntment for an Ague sore, or other sores, and for swellings.

TAke a Bryome-root, and cut off the out-side thin, some doe call it wilde vine: slice it, and lay it all night in a pint of Sallet-oile, & then boile it, straine it, and keep it for your vse: for, this is good to anoint any Ague-sore, or any other swelling. Then take halfe a pint of Sallet-oile, and as much red Lead as you can buy for two pence, and boile them together, and keepe it stirring till it looke blacke: then take as many cloaths as you thinke will drinke vp the Oyle and the Lead, and then coole it, and keepe it for your vse.

This Oyle and Lead is good for Ague-

Ague-ſores and other ſores. Remember to anoint the ſores with the ointment aforeſaid firſt, and then lay on the Seare-cloth, doing this twice a day, till the ſore be whole. And for ſweiling, you muſt vſe the Bryome-roots and the Oyl only, without the Oyle and the Lead.

An approued good Medicine for the Tooth-ache.

TAke Roſe-water, either red or damaske: take yellow wax a quantitie, & freſh butter, of either an equall quantitie, and mingle them together in a diſh vpon the coales, and then take a linnen cloth, and dip it therein, and lay it to that ſide of your jaw where you are grieued, as hot as you can ſuffer it, the hotter, the better.

A Medicine for the bloudie Flix.

TAke two toſts of cheat-bread, and toſt them; and two Egges, and roſt

roſt them hard, and take the yelkes of them, and the liuer of a Chicke, and beat all this together ſmall: then put all this into a pint of Charnemilke: then take halfe an ounce of Cinamon: beat it ſmall, and put it in the medicine, and then take of it euening and morning faſting, for ſo it moſt auaileth you: but if your ſtomacke be weake, then put in ſome ſugar to ſweeten it.

For the Pin and Web in the eye.

TAke the juyce of Parſly, and halfe as much Hony, and with a feather drop it in the eye; and after it, you muſt put in ſome powder of white Sugar-candy: you muſt dreſſe it thus verie often.

For to take the Ague out of any place where it doth fall.

TAke Succory, a prettie quantity of it, and mingle it with ſome Boares greace,

greace, and ſpread vpon the cloth, and warme it againſt the fire, and lay it to the place.

A Medicine for a greene wound.

TAke a quantitie of Venice-turpentine, and wath it in faire water till it be white: then take a Plaſter thereof, and lay it to the wound till it be drawen: then take the yolke of a new-laid Egge, & adde thereto a ſmall quantitie of fine wheat-flower, and a little freſh butter, and mingle them together, and lay a Plaſter thereof vnto the wound after it is drawne with the Turpentine.

Another Medicine to be taken inwardly for a greene wound, to be taken in Ale or Beere; it is likewiſe good for the ſhutting of a bone broken or cut, either for Man or Beaſt.

TAke juyce of an herbe called Bonwort, to the quantity of 3. or foure ſpoone-

spoonfulls or more, according to the stomacke of the partie that is hurt: take the same quantitie and drinke it either in the milke, or as before is written, three or foure seuerall mornings fasting, or oftner if you will, and it will free the partie: when the herb is not to be gotten, then you may vse the root, and it will auaile as much.

If the wound bee but little, either this drinke, or the medicine before written, will help it: but if it be great, you must vse both together.

For to heale wounds and sores.

TAke Rosin and Frankincense, of each foure ounces, of white Wax and Olibinum, of each three ounces; of Harts suet, of Mastick, of each an ounce; Venice turpentine halfe an ounce; white Wine a pint; melt the Rosin, the Frankincense, and the Harts suet together: then straine it in a pan, and put thereto all the white Wax,

Wax, the Olibinum, and the Maſtick made into powder, and the white wine: boile all together till the wine be conſumed: then take it from the fire, and ſtir it till it be almoſt cold: then put in the Turpentine, and make it in a rowle, and keepe it in Parchment or Leather.

Another.

TAke Calamint, Peniryall, of each a like quantitie, Nigella-romana-ſeed a little bruiſed, a French crowns weight: boyle all theſe in poſſet-drinke made of white wine and Ale: a good draught euening and morning you muſt drinke.

A Medicine for the head-burning that long time hath beene.

TAke a quantitie of the Gall of an Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the forehead,

and all the aking shall be taken away; this is a pretious oyntment.

For to set a bone, or heale a broken bone in man or beast.

TAke the juyce of Comfrey-roots, and wilde Daisie-roots, and boyle them with Turpentine and yellow wax, and make a flat plaster therof, and lay it to the griefe, and set splinters about it, and roule it to keepe it stiffe once in fiue dayes, vntill it bee whole: you must drinke the juyce of the roots nine dayes in some liquor, either to man or beast, when you vse the Plaster.

For the Piles.

TAke new milke, and thicken it with Oat-meale finely sifted thorow a sieue, and let it seethe till you make it vp like Suppositaries: then take it vp, and cut off the outside of a Race of Ginger, and grate it, and mingle

mingle it together, and ſome of it make into a Plaſter, and the reſt make like Suppoſitaries, and put them vp as you doe Suppoſitaries: then lay a Plaſter on the place, and vſe this till you be whole.

A Medicine for a Rupture in old or young.

TAke Knotwort, Ribwort, & Comfrey, of each a like quantitie; waſh them, and dry them, and ſet them in the Ouen when the bread is drawne, that ſo they may dry: then beat them to powder; then ſearce them finely thorow a Searce or Sieue; and looke what quantitie you take of the herbs when they bee dryed, take halfe ſo much Anniſeeds, and beat them with the powder of the herbs, and ſearce them: and thus hauing made the powder readie, when you will vſe it, take as much of the powder as you can lay, or take vpon a good broad ſix pence, and fourteene mornings together giue it,

to the partie to drinke with a little Malmsie fasting, and anoint the place first with oile of Spike mingled with any other thing: and also take such herbes as you make your powder of, and seethe them in faire running water vntill they bee tender, wringing the water out of them, and apply them to the place as hot as the partie can suffer it, and let not the trusse be too strait, lest it force the place to rent further. Take the herbs to make the powder within May, when the chiefe strength is in them: the Knotwort beares a little watchet flower. This hath beene proued on children so borne, and on old folkes that haue beene foure and twentie yeares broken; and doth helpe all sorts, that with good vsage doe not abuse themselues, through the grace of God.

A

A Medicine to be vsed during all the time of the Plague; good against Infection.

TAke a pint of white-wine-vinegar, and halfe a pint of Iene-Treacle, and a quantitie of Bole-Armoniack, otherwise called Bolles verus, and ſtir all this together, and take three ſpoonfuls in the morning faſting. & faſt an houre after it, and take three ſpoonfuls an houre after Supper.

Another Medicine for paine in the head.

SEethe leaues of Agrimonie with Honey, and giue them to drinke, and draw it thorow a cloth, and keep it in a box, & therewith anoint your head, and waſh your head in the water that Celandine is ſodden in.

For the aking of the head.

SEethe Puliol in Ayſill, and then put it in thy noſe. Take Rue and Fennell, and ſeethe them together in water, and waſh therewith the head.

For a Felon of the head that ſwelleth the head of a man: and that before written is for the ſame.

TAke the greace of an Hart, & Hony, and Barly-meale, & Otetreſt, and Moycell, and ſtampe them together, and after ſhaue thy head; then make a plaſter, and lay it to thy head as hot as you may ſuffer it, and let it lye till it be whole.

For all Euills of the head.

TAke Rue, and ſtamp it with ſtrong Ayſill; mingle it, and waſh the head therewith.

For

For the Carbuncle, or the Posture in the head.

TAke Wormewood, Origanum, Mayron, by euen portions, and seethe them in sweet wine, and after that wring out the juyce, and lay it to the ears of the sick with two sponges, as hot as he may suffer it; vse this two or three times, and he shall be whole.

For the Megrim, Postume, Dropsie, Feuer, and all manner of aking in the head.

TAke a penny-weight of the root of Pellitorie of Spaine, six penny-weight of Spicardie, and grinde them together, and seethe them in good Vinegar, and take a Saucerfull of Honey, and fiue of Mustard; and when the liquor that is boyled, is cold, put thereto the Honey and the Mustard, and stirre them well together, and let the sicke vse thereof

halfe a ſpoonfull at once, and hold it ſtill in his mouth the ſpace of two Creeds ſaying, and then ſpet it out into a veſſell, and do ſo ten or twelue times; a good while after hee hath eaten at noone, and a little before euen ten or twelue times: and when he goes to bed, take and waſh cleane his mouth, and drinke a draught, and goe to bed; vſe this Medicine three dayes, and he ſhall be whole.

For the Head-ache.

TAke and ſeethe Veruine and Betony, Saſſe & Wormwood: waſh the parties head with the water thrice in the weeke, and take the herbs, and make a Plaſter, and lay it vpon the vpper part of the head on this wiſe.

TAke the herbes aforeſaid when they are well ſodden, and wring out the iuyce of them, & then ſtamp them in a Mortar, and temper them with the water wherewith they were ſodden,

ſodden, and put thereto the bran of wheat for to hold the juyce of the herbs, that it goe not out, and make a garland of linnen that may go about the head, and bind the Plaſter vnder it as hot as the ſick may ſuffer it: doe this three times, & he ſhall be whole.

Another.

CLoues comfort the ſtomacke, liuer and heart: they help digeſtion, and ſtop the belly: they quicken the eye-ſight, and ſcowre away the clouds and hawes of the eyes: they are good againſt all cold diſeaſes, and they are hot in the third degree. The oile of Cloues is verie good for a cold ſtomack, and for any other place that hath need of warming, as a rheumaticke braine.

Another.

TAke of litrage of lead foure ounces; of Vinegar, common Oyle, a like

like quantity: put the littrage in a mortar, and put a little of the Vinegar, & a little of the Oile, and beat them together, and so put in by a little and a little all your oyle and vinegar: you must beat them two houres together; it must be as thick as your green salue.

Another.

TAke Camphory, Hearts ease, Priuit, Plantane, of each of them an handfull; bruise these in a Mortar, & put thereto Harts suet, fine Sallet-oile, of each dim. lib. mingle them well together, and let them stand foure and twentie houres; then put them into a pan or brasse pot, & put thereto Wax and Rosin broken in small peeces, of each dim. lib. let these boile all together ouer a fire of coales, till the juyce of the herbs be consumed, & the ointment green; then straine it thorow a canuase-cloth into some pot that you will keep it in, and when it begins to be cold, then put thereto foure

foure ounces of Venice-turpentine; ſtirre all together vntill it be thorow cold, and keepe it cloſe couered.

Another.

THe Wine of Eye-bright is made for the eyes, by putting the herbs into the muſt till it be perfect Wine; whoſe vſe make the eyes of old men looke young: for it is hot and drie; and the powder of it, beaten with the yolke of an Egge, worketh the ſame effect: the powder receiued in Wine, if the Wine bee too ſtrong, put in Fennell-water or Sugar.

A Medicine againſt the ſtone in the backe or bladder, or for the weakneſſe of the backe, which is called the running of the reines.

TAke Venice-turpentine, and waſh it in Roſe-water, either red or damaske, vntill it looke white: then diuide it into ſmall balls, as you may eaſily

easily swallow to the full quantitie of three hasell-nuts or thereabout: then roule them in Sugar, to make them the more easie to bee taken: then swallow them in the morning fasting, and fast foure houres after them: take these three or foure seuerall mornings together, and in your water you shall finde much grauell.

To take away the pock holes, or any spot in the face.

TAke white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it on your face till it bee drie: also take three Poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red Cow, and with the water thereof wash your face.

To make Snow.

TAke the whites of fiue or six Egges, an handfull of fine Sugar, and as much Rose-water, and put them in a pottle of Creame of the thickest you can get: beat them all together: as the Snow riseth, take it off with a spoone: you must beat it with a sticke clouen in foure: then must you take a loafe of bread, and cut away the crust, and set it vpright in a Platter: then set a faire Rosemarie-branch in the loafe, and cast your Snow vpon it with a spoone.

A Medicine for the Piles.

TAke the herbe called Torch-wort: it groweth high, bearing a yellow flower, blowing out of the stalk, the leaues look hoare. Take the juyce, and boile it with fresh butter a little while, and keep it close, and vse it

it euening and morning: if a Cowes vdder be stung or bit with a Snake or such like, take Lauender, and wash it cleane, and seethe it in chamber-lye a good while, and wash it euening and morning warme: you may put a little fresh butter in it, and milke out the milke when you doe it.

A Medicine for a Cold, or a Burne, or a Sore, approued.

TAke Watersuck-leaues, otherwise called Hogwort leaues, Allyhouse, Daisie-roots, leaues and all, and a little Rosemarie; wash them, stampe them and boyle them in Creame till it is butter: then straine them, and apply it warme to the burne; pricke the Watersuck-leaues, and lay them vpon it, dressing it twice a day, or three times, if need be. To heale a sore, put Turpentine, Rosin, and Wax in it, dressing it with Lint.

For

For the Stitch.

TAke Stitch-wort, Bay leaues, Holly without prickles, of each a like quantitie, the juyce, graines beaten: drinke it in Ale warme.

For the Swelling.

TAke the grounds of good Ale, Glouers threds, and white-bread crums, and Sage: boyle them, lay it to warme: it will swage the swelling and the ache: it hath been proued.

For the Tooth-ache.

TAke Organy that groweth close to the ground, and tasteth like Aqua-vitæ: bruise it, lay it to the tooth; Bursa pastoris will doe the like.

For

For a Bite, or Felon, or sore Leg.

SEethe a pint of Ale to two spoonfuls, like a sirup: pricke a peece of Leather with a pin: it will heale it without breaking: if it bee broken, take lint to the hole with some salue: let it lye foure and twentie houres: lay it to cold.

For the Scratches of an Horse leg.

TAke Vinegar, Mustard-seed, Gunpowder, boile them: wash it hot three or foure times; proued.

For the Gout.

TAke Mallowes and Sengren; beat them, and boyle them in water: then straine them, put Oat-meale-groats soked in vinegar, and sheeps suet vntried: then boyle it to a poultis; proued.

For

For the Ague.

TAke a red Onion cut ſmall, ſix and fiftie graines of Pepper beaten ſmall: binde it to the wriſt hafe an houre before the fit; proued.

For the Gout.

TAke a fat Whelpe of an Hound: ſcald him like a Pig: garbage him in the ſide: then take red Nettles ſtamped with two ounces of Brimſtone, foure ounces of Turpentine, foure yolkes of egges: ſtuffe the belly, and ſow it vp: roſt it with a ſoft fire: ſaue the dripping: anoint the place: it is good for ſinewes and crampe: it will drine it away: for the like effect, Oyle, Nettles, White-wine, boyle them, apply them hot.

For the Ciatica.

TAke the gall of a Bull, a quart of wort: boile it to a pint: then put in

in a pint of Vinegar, Frankincense one ounce in powder, of Hony halfe a pound, of Commine halfe a pound in powder: boile it thick: spread it on Leather: lay it to hot two or three dayes: lay a linnen cloth betweene the skin and the plaster; the plaster will serue many times; proued.

For the Tooth-ache.

ALlome as big as a Walnut, Garlick an handfull, twenty Beanes, an handfull of Bay-salt, Pepper; beat it together: lay it to the wrists twentie foure houres or more.

For to stop the bleeding of a wound.

THe wooll of an inke-horne, Sanguis Draconis, and Bollarmonick, and the whites of Egges laid on too.

For a Conſumption either for old folkes, young folkes, or children.

TAke Longwort, Liuerwort, Hartstongue, of each an handfull, red Mints, red Sage, Mother of Time, of each an handfull, Parſley & Fennell-roots, the piths out of each, halfe an handfull, Liquorice an ounce, Anniſeeds an ounce, Sceeny two ounces, Turbet an ounce, Capdates two ounces, Cinamon an ounce, Nutmegs two ounces, white Sugar-candy foure ounces, Rubarb an ounce ſliced: ſtampe your ſpices, and your ſeeds, and beat your other Apothecarie-ſtuffe, and ſhred your herbs fine: boyle it in three quarts of Renniſh-wine to a pottle; ſtraine it; drinke foure times a day a quarter of a pint at a draught warme; put in a peniworth of Aqua-vitæ, and as much Saffron beaten fine: after it is boyled, if the Patient be laxatiue, leaue out your Rubarb, Sceeny, and Turbet, and boile

boyle it in wort; it is best in wort for children: for aged folks that be weak, boile in the stone of a Bore, or a Ram, or a horse is best; one stone is enough for one time, you may take one to purge, and another not to purge: the second receit is enough; purge first

To make mock water.

TAke the stones and kernels of Peaches and Medlers: beat them fine: sift them thorow a searce; put in Sugar, drinke it in White-wine.

To make a Seare-cloth.

TAke a pound of Stone-pitch, as much Rosin as a great Walnut, & twice as much cleane Wax, a spoonfull of fresh Swines greace; boyle all together till it bee well mixt; then coole it in water; then oyle your hands with Hogs greace, and labour it in your hands an houre and more, till it will cleane to your hands.

For

For the same, and the best for all manner of aches.

TAke Rosin dim. li. of Perrosen a quarter of a pound, as much Gunmasticke, a quarter of a pound of Deere suet, two ounces of Turpentine, one ounce of Cloues and Mace, of Saffron two ounces; the liquor must be Oyle of Roses.

A soueraigne Medicine for a great ache.

TAke Sparmacity eight peniworth, of Oyle two d. of black Sope halfe a pound, of Butter without Salt as much as a great Walnut; boyle it on a chafingdish of coles halfe an houre, stirring it well from the bottome: spread it on leather, as broad and as long as your griefe; lay it to foure or fiue dayes.

To

To make a good Ointment or Salue for any sore.

TAke a good handfull of Sage, as much of Plantane, as much of Brownwort, as much of Hony-suckles, as much of Tursame, as much Velerion: boyle all these in May-butter till it be browne: then straine it, and put in a quantitie of Virgin-wax: then boile it againe.

A good Receipt for all manner of sores, old or new, named, The gift of God, praise be to him.

TAke Betony, Veruin, Pimpernell, Bugle, Smallage, Plantane, Scabeas-water, Agrimony, of each alike; stampe them together; boyle them together in a gallon of white-wine to the third part; then straine them, and put to them a quantitie of sheeps suet, and halfe a pound of Wax, dim. lib. of Rosin, dim. lib. of Pitch, one

one lib. of Olibinum, and boyle it againe.

For Bags in the Fundament.

TAke the yolke of an hard egge rosted, the oyle of Roses, and Marigold-leaues: beat it together, lay it to hot.

To kill a Tetter.

TAke greene Broome: boyle it in a quart of running water halfe away: bathe it with it.

For the Pestilence.

TAke the water of Betony, and Pimpernell, Turmentill, or Scabeas; mix it together, drinke it nine dayes fasting, and feare no Pestilence.

For

For one that is taken with in the bodie or any place.

TAke Rose-cakes, Aqua-vitæ, and Rose-water; heat it on a Chasing-dish of coles; lay it to the stomacke; they shall mend by Gods grace.

For the Ague or Cold.

TAke greene Alderstickes; take the inner rinde, an handfull; beat them, drinke it in Ale fasting; fast three houres, walking after it; then eat a Caudell.

Another for the Ague.

TAke a spoonfull of juyce of Orenges, as much Aqua-vitæ; mingle it with a yolk of a new-laid egge in the shell; supit vp fasting once or twice.

K. Henrie the eighth his perfume.

TAke six spoonfulls of compound water, as much of Rose-water, a quarter

quarter of an ounce of fine Sugar, two graines of Muske, two graines of Amber-greece, two of Ciuet: boyle it softly together: all the house will smell of Cloues.

For the Strangurion.

TAke Hore-hound one handfull & an halfe, red wine halfe a pint, oile-oliue fiue spoonfuls: boyle it together: put it in a linnen cloth to the small of the backe, as hot as may be.

To cleanse a wound.

TAke Beere, Wheat, Stone-flower, and Hony: boyle it thicke: apply it to.

For the Gout.

TAke Worme-wood, Wall-wort, Wheaten-bran, Cow-dung, and salt; boyle it in vinegar: plaster it to the griefe.

For a Bruise.

TAke halfe a pint of Sallet-oyle, as much oyle of Roses, as much Aqua

vitæ, and three or foureſcore Snailes that beare ſhels: ſtampe them ſmall, and boyle them to oyle.

To keepe one laxatiue.

TAke a new-laid-egge: put out the white: then put in new butter vnſalted, heat it, then eat it: vſe it often.

Two remedies verie good againſt Wormes in little children.

TAke flower of wheat well boulted, as much as will lye vpon three crownes of gold; put it in a glaſſe, and poure into it Wel water, ſo much as will ſteepe the ſaid flowre, and make it looke as it were milke, and no thinner: then giue the childe drinke of it, and you ſhall ſee with his excrements the wormes come forth dead, which is a verie good remedie.

The

The second remedie against Wormes.

FOr children that be so little, that the medicine cannot be ministred at the mouth, you must take verie good Aqua-vitæ, wherwith you must wash or wet the stomacke or breast of the child: then powre it vpon the said place with the powder of fine myrrh, and lay the child downe a little while with his breast vpward, and you shall see incontinently the wormes, with the childes dung, come forth dead.

To heale children of the Lunatick disease, which happeneth vnto them by reason of a worme with two heads, that breedeth in their bodies; the which worme, comming to the heart, causeth such a passion in the childe, that oftimes it kills them.

TAke the tender stalkes of a Wilding-tree, & dry them in the sha-

dow: then stampe them well, and sift them, and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of Myrrh: all these well beaten to powder, you must put in a dish or some other vessell, and moist them with a little water; then take of it with your two fingers, and wet the lips and mouth of the childe; doe this three or foure times, and you shall see the worme come forth dead with the excrements.

A remedy for the Falling-sickneſſe.

TAke Germander gathered in May, when it is in the bloſſome: drie it in the shadow, and make it in powder; and when you will vse it, take the yolke of an egge or two, and stir and breake it with a spoonfull of the said powder: then seethe it, and giue it to the Patient to eat: doe this morning

ning and euening eight daies, abſtaining from wine, carnall company of women, from all pulſe, Beanes, Peaſe, Fetches, Tares, and ſuch other, from Sallets, Sal-fiſh, and from all other things that are hard of concoction and digeſtion; a verie good and notable Secret.

A Medicine to cure the biting of all venomous beaſts.

AS ſoone as the partie feeleth himſelfe bitten with any venomous beaſt, or as ſoone after as may be, take greene leaues of a Fig-tree, and preſſe the milke of them three or foure times into the wound: and for this, ſerueth alſo Muſtard-ſeed mingled with Vinegar.

To draw an Arrow head or other iron out of a wound.

TAke the juyce of Valerian, in the which wet a tent, and put into the

wound, laying the said herbe vpon it stamped: then make your binder as best fitteth, and by this meanes you shall draw forth the iron, and after heale the wound.

For a knocke or fall, causing a bunch vpon the head.

TAke an ounce of Bay-salt, raw Honey three ounces, Comin three ounces, Turpentine two ounces: mingle all these well vpon the fire: then spread it vpon a linnen cloth, and make thereof a plaster, and lay it hot to his head: the which will asswage the swelling, and heale the hurt.

A secret remedie against the Plurisie.

OPen a white loafe, new baked, in the middle, & spread it well with good Treacle on both parts, vpon the crummie sides, and heat it at the fire: then lay one part vpon the place of the disease, and the other part

part on the other ſide of his body directly, and ſo binde them that they ſtir not, leauing them ſo a day and a night, or vntill the impoſtume break, and then take away the bread, and immediately the Patient will ſpit forth the putrifaction of the impoſtume; and when he hath ſlept a little let him eat, and by Gods helpe he ſhall ſhortly be well.

A verie good remedy for a wound with a ſword, ſtaffe, ſtone, or ſuch like.

TAke Taxus Barbarus, ſtampe it and take the juyce of it; and if the wound bleed, wipe it, and make it cleane, waſhing it with White-wine or water; then put the juyce vpon the wound, and the herbs vpon it, out of the which you tooke the juyce: then binde vp the wound, and in one day you ſhall ſee a wonderfull effect.

Against the disease or griefe of the Flanke, and the Colicke-passion, experimented and proued diuers times.

TAke halfe a glasse or lesse of the juyce of Barberries when they be verie ripe and red, and put into it as much red Corall as will lye vpon two groats, well broken into powder, and giue the Patient to drinke thereof.

Another perfect remedy for the same disease, and to make a man pisse within halfe an houre, that hath not made water in three or foure dayes, and will breake the stone within ten or twelue dayes.

TAke fine powder of Virga aurea, & put a spoonfull of it into a new laid egge soft rosted, and giue the Patient thereof in the morning to his breakfast, and let him not eat in foure houres

houres after, and then he ſhall make water in leſſe than halfe an houre, and let him vſe this for the ſpace of ten or twelue dayes as aforeſaid: the Patient ſhall void the ſtone without any paine or griefe.

A remedie for ſpetting of bloud, occaſioned by the breuch of ſome veine in the breſt.

TAke Mice-dung beaten in powder, as much as will lye vpon a groat, and put it into halfe a glaſſe full of juyce of Plantane with a little Sugar, and let giue the Patient to drink thereof in the morning and euening: continuing the ſame, he ſhall be ſound.

Againſt the griefe of the Lungs, and ſpetting of bloud, a remedy experimented and tried.

TAke an herbe called Farfara, or Tuſſilago at the Apothecaries, Vngula caballina, in Engliſh called

Colts-foot; in French, *Pat de lion:* incorporate it well with the lard of an Hog chopped, and a new-layd Egge: boyle all together in a pan, and giue the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

TAke Rosemarie-leaues with the blossomes, if you can get them, and seethe them in White-wine with a little Myrrh and Cinamon, and you shall finde a maruellous effect, if you vse it often in your mouth.

Against the biting of a mad Dog, and the rage of madnesse that followes the Partie bitten.

TAke the blossomes or flowers of wilde thistles, dried in the shade, and beaten into powder, halfe a nut-shell full; put into White-wine, and drinke it, and in thrice taking it you shall

ounces, and diſtill all together: and when need is, then put a drop or two into the ſore eye: for it is good for all manner of diſeaſes in the eye.

Againſt the paine of the Eyes.

TAke the yolke of an Egge roſted hard, and laid to with Roſe-oyl and Saffron: put in the juyce of Baſil.

For to ſee well.

TAke Eye-bright, red Fennell, of each halfe an handfull, of Rue one quarter of an handfull: cauſe theſe to be diſtilled, and waſh your eyes daily with the water.

For the aking in the Leg.

TAke a peece of ſowre leauen, and as much Barme, and as much blacke Sope: temper them all together, and ſo ſpread it vpon a linnen cloth,

cloth, and put it to your leg where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or foure dressings.

A Diet-drinke for a Consumption.

TAke a gallon of running water measured by Ale-measure, & put thereto an ounce of Cinamon, an ounce of Cloues, an ounce of Mace, a dram and an halfe of After-roots, and boyle it till it come to three quarts: let this be your only drinke till you doe amend.

A Medicine for the Head-ache.

TAke an handfull of Rosemary, two handfuls of Betony, and a spoonfull of Hony: and seethe them all in Malmesie, and wash your head therewith.

Another

Another for the Head ache.

TAke fiue Nutmegs: grate them, and ſeethe them in Malmeſie till they be thicke: make a plaſter thereof, and lay it to your temples.

For winde and ſhootings in your head.

TAke Egrimonie and Cinamon: bray them, put them in Ale, and lay it to the temples of the head; and if the paine remoue, lay it where the paine remoueth.

Another for the Head ache.

TAke an handfull of Camomile, an handfull of Peniryall, an handfull of Sage, an handfullot Wheat-bran: chop them all togethersmall; boyle them in a pint of ſharpe Vinegar till they be thicke, and thereof make a plaiſter, and lay it to the temples of the

the head as hot as you may suffer it, and it shall (by Gods helpe) doe you good.

Another for the same.

TAke a peece of raw beefe, and lay it on the nape of your neck, and shift it euerie night when you goe to bed: vse this as often as you see good; proued.

Another for the same.

TAke an ounce of Oyle of Roses, two ounces of white Vinegar, foure ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A Medicine for the Megrim in the head.

TAke Housleek & garden-wormes, the greater part being Housleek: stamp them together, and put thereto fine flower, and make a plaster on a fine cloth, and lay it to the forehead and temples.

Another

Another for the same.

TAke Mustard-seed, and temper it with Vinegar: make an ointment thereof, and lay it to the temples in a plaster, and another in the nape of the necke behind where it is not sore, and it will auoyd, and shortly be whole.

A Medicine to keepe vp the pallat of ones mouth.

TAke a peece of wheaten leauen, and Commine-seed beaten in a mortar, a quantitie of Bay-salt, and Red-rose vinegar, and Red-rose-water: put them into a bag of cloth, and lay it to the mould of the head.

To drie vp Rheume in the head.

TAke a quãtity of dried rose-leaues, the flower of Camomile, Basill, Mar-

Marjoram all dryed; a quantitie of Cloues and Mace, grosse bruised; a Nutmeg, and a quantitie of Dill-seed, all quilt in a cap.

A Poultis to coole any place, either face, or any where else, that is red, and full of hot pimples.

TAke Housleeke, Mallowes, Purseline, Water-roses, called Numium: beat all these, and take the juyce of them, and put a little oyle of Roses to them, and wash the place with it, or stampe the herbs till they be thick like pap: then seethe it with a little Rose-oyle and Wax, and then you may lay it on as a Plaster.

Against red pimples of the face.

TAke an ounce of Camphire, as much Brimstone beaten; myrrh, Frankincense, of each foure drams, of Rose-water a pound; put all these in

in a glaſſe, and ſet it in the Sunne ten dayes, and then lay it on the places.

Another.

TAke the diſtilled water of Aſh-tree; Tamaredis oft eaten, Wine of Strawberries laid vpon the face.

Another.

TAke the diſtilled water of Mulline and a little Camphire mixed together, and laid to the face.

A Medicine for them that are deafe, ſo that they haue heard before.

TAke the juyce of Bittaine, womans milke that hath a man-child; mingle them together, and dip a peece of blacke wooll in it, and put a peece of it into your eare, for the ſpace of ten or eleuen dayes or more: if it happen that this will not take away the deafneſſe, then take the milke of a

a Cow, and seethe it with oat-meale and juyce of Betony, and lay it plaster-wise ouer the eares, night and day, for a long time.

To make an ointment for a red face.

TAke halfe an ounce of Camphire, two drams of Sulphur-viuum, and an ounce of Deeres suet; melt the suet and the Camphire together, then put in the Brimstone, fine ground in a mortar, when the other is almost cold, and set them no more ouer the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much Mercurie sublimate as a Beane, and twice as much Allome, and put them in a quart of faire water, and boyle them together with two or three cornes of Bay-salt, and bathe your face therewith often in a day

day with the same cold, and open the pimples with your fingers before you wash.

For a sore mouth.

TAke a quart of white wine, a quart of water, a pint of wine-vinegar, a good quantitie of red Sage, two pennyworth of Mercurie, halfe an ounce of Roch-Allome, a quantitie of Rosemarie, a greater quantitie of Woodbine-leaues, and three spoonfuls of Honey: seethe them together, and wash your mouth therewith.

A water for a Canker and sore mouth.

TAke Rosemarie-croppes, Sage, Singfield, Woodbine-leaues, Allom, liue Hony, or pure Hony boyled in Spring-water, halfe an handfull of each of the foresaid herbes boiled in three pints of water, till they bee boyled a third part away, and keepe it in a glasse stopped, and

and waſh your mouth with it.

For a Canker and ſoreneſſe in the mouth.

TAke two ounces of fine Coperas beaten to powder, halfe a pint of faire water, and let the ſame Coperas be diſtilled or ſteeped two dayes and two nights: then ſtraine the ſame ſoftly thorow a linnen cloth; then take a ſpoonfull thereof, and waſh your mouth and throat with it ſoftly, bloud-warme, but drinke none of it. This medicine will not continue good aboue fourteene dayes; therefore you muſt make it freſh as occaſion ſerues: you muſt take it morning and euening.

A Medicine for the Mother that riſeth in a womans ſide.

TAke Aqua-compoſita, and beat Bay-berries in powder, and put it into the Aqua-compoſita, and put a ſpoonfull

ſpoonfull or two in a draught of Beere or Ale, and ſo drinke it.

A Medicine for the pricking of a needle or thorne in the joynt.

TAke faire bouked flower of wheat, and temper it with white or red Wine, a little Oyle-olive, and a few Roſe-leaues: ſeethe them together till it be plaſter-thicke, and lay it to as hot as you can ſuffer: it will draw forth the needle, and eaſe the ache.

A Medicine for a Canker that eateth wans fleſh.

TAke Wheat-bran of the ſmalleſt powder, the juyce of Smallage, the juyce of Woodbine, burnt Allome beat into powder, and a little Hony: mingle all theſe together, and make a plaſter of it, and lay it to the ſore, and it ſhall deſtroy the Canker.

For a Bruise.

TAke Virgin-wax, and Commine-seed well beaten: mix them together, and lay it to the sore plaster-wise.

For a white Scall.

TAke Sallet-oyle beaten with the whites of egges till they be thorowly wrought together: cut away the haire, and so anoint the head, and lay a bladder vpon it.

A Medicine against all Stitches.

TAke Linseed, and boyle it in new milke: make a plaster thereof, and lay it to the grieued place.

A Medicine for a sore brest.

TAke Groundsill, and chop it small, the grounds of small Beere, wheaten

ten bran, and ſheeps ſuet beaten in a mortar: boile them all together, and lay it plaſter-wiſe to your breſt.

A Medicine for ſwelled breſts.

TAke white wine, wheat-bran new bolted, Roſe-leaues old and new: ſeethe them till they be thicke: then lay it to the breſt as hot as ſhee may ſuffer it, from euen to morning, and ſhift it againe.

To breake the ſtaame of the breſt.

TAke butter without ſalt, and hony, of each a quantitie, faire bitter Almonds: blanch them, and beat them fine, and eat a little euerie day.

A verie good Medicine for any ache or ſore breſt, often approued.

TAke Frankincenſe, fine wrought Wax, Bores greace, and Roſin,

of each of them a like quantitie, and ſeeth them together to a cake; ſpread it on a cloth as broad as the ſore or paine is, and lay it to foure and twentie houres, or twelue at the leaſt.

An approued Medicine for a ſore breſt.

TAke an handfull of Mallowes: ſeethe them verie ſoft in faire water, and then let the water run away from the Mallowes: then chop or thread them: then put them in a diſh with Boares greace, and heat them verie hot, and lay it on a plaſter of linnen cloth to your breſt, as hot as you can ſuffer, three or foure times a day heating it: this hath beene approued verie good.

A remedie for the paines of the breſt.

TAke Hyſope, Parſley, and Sage, ſtampe them together, and lay them to the breſt, & it will be whole.

Another

Another for the stopping of the breſt.

TAke Rue, and ſeethe it with Alligant, and drinke it three or foure times.

A Medicine for the bloudie Flix.

TAke as much fine linnen cloth as will make a Suppoſitarie, being wrapped together button-wiſe: then wet the ſame in the beſt Aqua-vitæ, or Aqua compoſita, and let the partie grieued conuey the ſame into his fundament, and it will helpe him by the grace of God, within three or foure dreſſings: this is approued, and hath holpen many that haue been brought low, and thought paſt cure.

Doctor Smiths *Medicine for the Collicke and Stone.*

TAke Poſſet-ale made of Rheniſh wine: boile Camomile, running Time, Parſley, Pellitorie of the wall,

with a good spoonfull of Commine-seeds, till the third part and more bee consumed: then straine them with Sugar sufficient: drinke a good draught warme, and vse it as occasion serues.

A Medicine for the Chin-cough, for a childe.

TAke Bores greace, and warme the soles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To stay a Laske.

TAke halfe a quarter of a pound of Almonds, and parch them vpon two new tiles: beat them in a mortar, and take a quart of faire water, and set it on the fire, and put in halfe an handfull of Knot-grasse, and halfe an handfull of Plantane-leaues, and let them seethe a good while: then take

take the water, and ſtraine the foreſaid Almonds therewith, and make an Almond milke thereof, and put in a peece of Sugar: then take Date-ſtones, and beat them to powder as ſmall as may be, and put ſome of that powder into the Almond milke: ſo drinke it luke-warme.

An excellent Medicine for a childe that cannot part with his water or vrine.

TAke three or foure hiue-Bees: kill them; then drie them vpon hot ſlate: being thorow-dry, bruiſe them to ſmall powder; then put the powder into a quart of ſmall Ale, and giue the ſicke to drinke, and he ſhall haue preſent remedie.

A Medicine for the paine of ſwelling in the ſtomacke.

TAke a good quantitie of Roſemary flowers: boile them in white wine,

and as hot as may be suffered, apply it to the stomacke.

An approued Medicine for the Spleene.

TAke a quart of Claret-wine, a pint of Oyle of Olive, two good handfuls of Camomile being shred small: boile the Wine and Camomile together from a quart to a pint, and anoint the hardnesse of the Spleene morning and euening therewith, and it will dissolue.

A Medicine for a Felon or Andcome.

TAke rustie Bacon and Colewort-leaues: stampe them together: then take a peece of Dogges leather prickt full of holes, and spread it vpon the leather, laying it to the sore twice a day; and when it begins to heale, but once a day.

A

A Medicine for the itch of the bodie.

TAke ſweet Butter, vnwrought Wax, Vinegar, Brimſtone, a little Roſe-water, red Cloues whole: boyle them together till they be like a ſalue: then anoint the fleſh three ſundrie nights by the fire therewith, and no more.

A Medicine for the Canker in the bodie.

TAke Bollarmonack, Roch-Allom, and Honey, then beat them to powder: take twice as much of the Allome as of the Bollarmonacke, and ſtir them together, till they come to a ſalue, and ſo anoint the ſore.

A Medicine for the heat or ach in the bodie, or legs, or elſewhere.

TAke red Docke roots, and take out the ouer-pith, & ſeethe them in running water; then draw the

water from them, and beat it with thick creame, & so anoint the place that is grieued, or with a cloth dipt in the same, and laid ouer the place.

A Medicine good to cleanse the bodie.

TAke Balme, and lay it in white wine till it bee well steeped, and then distill it: the water thereof is good for any disease that is in the bodie, but you must distill the wine and all together, drinking a spoonfull or two in the morning; proued.

A Medicine for a Fistula.

TAke Veruin, and dry it vpon a tile, and make powder thereof, & make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

TAke Coriander-seeds fine, beaten in powder, and drink it with Mint water.

To make a seare-cloth for all manner of aches.

TAke a pound of vnwrought wax, halfe a pound of Rosin, two ounces of Frankincense, a pound and an halfe of sheeps suet, and boyle them all together, and straine them in a faire bason: then put them in a chafingdish of coles, and dip a linnen cloth therein, and so lay it to the sore.

A Medicine for a Ring-worme or Tetter.

TAke red Dock-roots: slit them, and lay them in Vineger, and so wash the Ring-worme or Tetter.

A Medicine for the Stitch.

TAke wheat-flower, & bake a cake, and cut it in the midst: then strike the dowie sides all ouer with Tarre, and lay it to the Patient as hot as may bee: you must lay one halfe of the

the cake to the one side of the Patient, the other halfe to the other side.

A Poultis for all manner of swelling.

TAke a lap-full of wilde Mallowes, and seethe them in running water till they bee tender, and then swing them, and chop them small; then take a penniworth of sweet butter, and the crummes of white bread, and put the Mallowes and all into a pint of milk, and seethe it till it be thicke, stirring it well; then lay it to the griefe as warme as can be suffered.

A Medicine for the cough.

TAke Mustard-seed and put it into Figges: seethe it in Ale and drinke it.

A Medicine for the Mother.

TAke Rosin and beat it verie fine: put it into white Wine & Salletoyle.

oyle, and drinke it, and it will doe you good.

A Medicine for the bloudie Flix.

TAke the pils of Pomegranates: beat them, and drinke them with red wine morning & euening bloud warme: then heat a bricke red hot, and lay it vnder a close-stoole, and cast Rosemarie and Malmsie on it, and let the Patient sit ouer it.

A verie good Medicine for the Piles.

TAke the hard roe of a red Herring, and roast it hard: then take the seeds of nettles, and beat them together small: then beat them with Barrowes greace, & boile them together, and anoint the Piles therewith: then take a chafingdish of coles, and set it vnder a close-stoole, and cast a little Frankincense thereon, and let the Patient sit ouer it when they be anointed

anointed with the aforesaid ointment.

A Medicine for a burne.

TAke oyle of Roses, and womans milke: put it into the open place, and it will heale it.

Another for the same.

TAke a linnen cloth cleane washt, and burne it, and make a powder thereof, and take the oyle of egges, and anoint the sore: then strew the powder thereon.

A Medicine for the Dropsie.

TAke Annisseeds, Coriander-seeds, Spikenard of Spaine: vse this in your meat and drinke eight daies together, and it will doe you good.

A Medicine to drie a sore.

TAke a pot of Smiths water, a quarterne of Roch-Allome, halfe a pint

pint of Oyle of Olives, and put ther-
to an handfull of Sage, and boyle
them together till they be halfe con-
sumed: then vse it to the sore, and it
will drie it.

A Medicine for an ache that comes against raine.

TAke the hornes of a Stagge: cut
them in small peeces, and boyle
them in water till it bee consumed
from a gallon to a quart: then powre
the water from the bones, and it will
gelly when it is cold, and therewith
anoint the grieued place against the
fire euening and morning.

A Medicine for a burne or scald.

TAke Mallowes & Smallage: seethe
them in water: when they be ten-
der, take them forth, & wring out the
water cleane: chop them small, & set
them on a chafingdish of coles, & put
to

to it a little sheeps suet, and make of it a salue, and lay it to the sore place thicke, and lay a cloth vpon it, and tie it on.

A Salue for an old sore.

TAke the inner rinde of an Oke that is not verie old, and burne it to a cole: then quench it, and make thereof a powder, and temper it with the yolke of an egge, and make thereof a salue.

To make a drinke for a burning Ague.

TAke a quart of running water, halfe a pint of Vinegar, halfe a quarter of a pint of Rose-water, a quarter of a pound of Sugar, and one sticke of Cinamon: boyle them all together, let it cooles, and giue it the sicke to drinke.

A Medicine for the heat of the Liuer.

TAke wort of the firſt tap: drinke it euerie morning next your heart for a moneth together, and it will helpe you.

A Medicine to make a young childe goe to the ſtoole.

TAke May-butter, and chafe the nauill therewith againſt the fire: then take ſome blacke wooll that growes betweene a blacke ſheeps legges: dip it in the May-butter, and dry it: then lay it to the nauill. It is good for an old man alſo that can take no inward medicine.

An approued Medicine for the Nauill when it comes out with crying.

TAke Wax which is vſed no other way but to take the Honey from it, and when you haue an occaſion, melt

melt some of the Wax in a Sawcer, and dip blacke woell in it: lay it to the nauill, and it will helpe it.

A Medicine for the swelling of a childes cods.

TAke Red-rose-leaues: bray them, and boyle them in red Wine an houre: then wet a cloth in it, and lay it to the childes nauill as hot as you can suffer it.

A Medicine to stanch the Flix.

TAke a Sawcer-full of the juyce of Milfoile, as much of the juyce of Plantane, and wheat-flower: temper it with the juyce of the herbs, and so make a cake of it, and bake it, and eat it hot.

For to stanch bloud at the nose, or at a veine that is cut; proued.

TAke Feathers burned to powder, and lay it vpon the veine that is cut,

cut, and alſo take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold euerie time, and it ſhall ſtanch whereſoeuer it be; proued.

For to helpe a drunken man or woman for euer.

GIue him a purgation: after that, giue him a Swallow to drink in powder for the ſpace of twelue daies, and for a moneths ſpace giue him euerie day foure Almonds to eat, with foure leaues of Woodbine beaten: you muſt eat them in the morning next your heart; proued.

For Scabs.

TAke Snailes, and pricke them, and take the water that comes out of them, and anoint the ſcabs therwith: take vine-leaues, & bind them to the ſcabs, and doe it euerie morning and euening,

euening, and you shall bee whole; proued.

To drie Scabs.

TAke Gum-arabick; put it in Rose-water till it bee consumed, and wash them therewith; proued.

For the Palsie, or shaking in the hands.

TAke Sell and Eysill: seethe them together, and wash thy hands therewith, and eat Sage with Mustard fasting.

To restore a man to nature, that is in a consumption.

TAke the eldest Cock you can get: scald him, draw him, and cut him all in peeces in a glasse-pot: stop him as fast as you can, and put among these peeces Cloues, Mace, small Raisins, & salt: then put this glasse into a great pot, and let all these seethe together till they bee a gelly: then straine it into a cleane vessell, and giue

giue it to the ſicke, firſt and laſt, bloud-warme.

To reſtore the braine.

TAke powder of Bittanie, and vſe it in your pottage: it will reſtore the braine, and deſtroy the ſtone.

For a perillous Cough.

TAke Sage, Rue and Commine: ſtampe them with Pepper: ſeethe them together with Honey, and thereof make an Electuarie, and vſe thereof a ſpoonfull euening and morning, and by the help of God it ſhall doe you good.

For them that cannot ſee, and haue red eyes.

TAke white Vinegar, and rub vpon a whet-ſtone in a faire baſon: take as much ſalt as powder, and grinde them well together in a baſon, and temper

temper them with Wine, and let it ſtand a day and a night, and put it in a viall of glaſſe: you muſt take the thinneſt that ſtandeth aboue in the baſon, and put in your glaſſe; and when the patient goeth to bed, take a feather, and wet therein, and anoint your eyes.

To anoint the face, and to make it white.

TAke freſh Bacon-greace, & the whites of Egges: ſtampe them together, and a little powder of Bayes, and anoint your face therewith, and it will make it white.

For a faire face; proued another way.

TAke Plantane and white Vinegar: ſtill them together, and waſh your face therewith fifteene dayes, morning and euening: after this, drinke a draught of Vinegar in the morning once in three dayes.

To

To make the face white and faire.

TAke Rosemarie, and boyle it in white Wine, and wash thy face therewith, and thou shalt bee faire: then take Erigan, and stampe it, and take the juyce thereof, and put it all together, and wash thy face therewith; proued.

To helpe the face with red Pimples.

TAke Bay-berries, and pluck off the huskes, and make fine powder thereof, and temper it with Honey: anoint you face therewith six times, and it will helpe you.

To draw broken bones out of the head.

TAke Bettonie, Veruine, and Rue: stampe them all together verie small, and put thereto Rie-meale or wheat, and the white of an egge, and make a plaster, and lay it to the head.

To

To quench ones thirst.

TAke the root of Louage: wash it cleane: stampe it, and temper it with water: drinke a good draught of it fiue nights together, and drinke not in two houres after it.

For one that speckes in his sleepe.

TAke Southernwood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

For a woman that hath too much of the Flowers.

TAke the foot of an Hare: burne it to powder, and drinke thereof with red wine and Cinamon first and fast nine dayes, and it will helpe her.

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